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Tuesday



Interpol released this picture of the suspect.

Global Hunt: Interpol ID's teacher as pedophile suspect | **7**

Big-Boned: Giant fossil may be world's largest dinosaur | **7**



Out of Line: Redskins have no linemen left after injuries | **13**

ENTERTAINMENT

Lady Gonzo:

Anita Thompson pays literary tribute to Hunter S. Plus, comedian Mike Birbiglia gets silly on disc.

>> **21-26**



Hu Charts Path for Chinese Rule

PARTY TIME: Chinese leader Hu Jintao speaks at the opening of the 17th Communist Party Congress in Beijing's Great Hall of the People on Monday. Hu opened the congress — held once every five years — by promising modest political reforms and continued military buildup, while insisting Communist Party rule will not be weakened. ♦ **Modest proposals:** Party Congress is a political test for Hu | **Page 7**

AOL Will Cut Staff By 2,000

750 in the Washington area to lose jobs in restructuring

NEW YORK | AOL is eliminating another 2,000 jobs worldwide as it tries to cut costs and make room to grow in online advertising.

The 20 percent slice from AOL's workforce comes after several rounds of layoffs in recent years, including a cut of 5,000 jobs last fall. The latest cuts would give AOL more flexibility to expand ad-related businesses through acquisitions and potentially new hires, company officials said.



Falco

The cuts affect about 1,200 positions in the United States, including 750 in Northern Virginia, where AOL has long had its headquarters.

AOL believes it is now best at developing Web sites such as its Moviefone and MapQuest properties to attract people in some 30 countries, AOL Chief Executive Randy Falco said. Its goal, he said, is to build "the largest and most sophisticated global advertising network" for marketers to reach that online audience.

AOL, once the leading seller of Internet access subscriptions, has struggled in recent years as Internet users have ditched their AOL accounts for high-speed services offered by cable and telephone companies.

Most of the affected employees in the U.S. were to be informed and terminated Tuesday, while reductions abroad were expected by year's end. Severance packages are to include at least four months' pay. ANICK JESDANUN (AP)



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TUESDAY
78 57



WEDNESDAY
78 65



THURSDAY
84 66

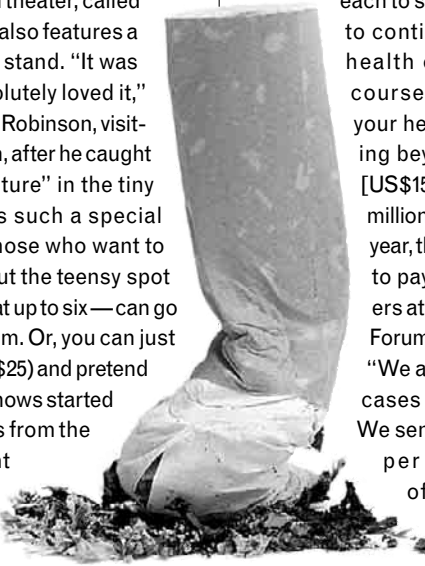
TODAY: A beautiful day with plenty of sun and only patchy clouds | **38**

eyeOpeners

AMUSEMENT

Or, Just Watch TV From a Car for Free

Manhattan's only drive-in movie theater fits up to six passengers, doesn't require you to have your own car and isn't even outdoors. But never mind the limitations: How about watching a classic movie while sitting in a cool, blue 1965 Ford Falcon convertible? That's what you get when you pay \$75 per show at the mini theater, called DRV-IN, which also features a full concession stand. "It was fantastic. I absolutely loved it," said tourist Sam Robinson, visiting from London, after he caught "Back to the Future" in the tiny cinema. "It was such a special experience." Those who want to learn more about the teensy spot — which can seat up to six — can go to 139norfolk.com. Or, you can just buy the T-shirt (\$25) and pretend you went. The shows started with iconic films from the '60s; each night moves forward in film history. (AP)



ANTI-SMOKING

'It's Totally Scalable!' Idealists Say of Plan

The South Pacific nation of Niue, population about 1,500, could become the first country in the world to eliminate smoking by paying its 200 smokers to quit the habit, its premier said Monday. Premier Vivian Young said it would be cheaper to pay all smokers up to 2,000 New Zealand dollars (US\$1,543) each to stop smoking than to continue paying their health care costs. "Of course I am serious. If your health bill is climbing beyond NZ\$200,000 [US\$154,000], up to NZ\$1 million [US\$771,000], per year, then it is preferable to pay," he told reporters at the South Pacific Forum meeting in Tonga. "We are having referral cases to New Zealand. We send three, four, five per week because of smoke-related diseases," he said. (AP)



CHUMSAK KANOKNAN/AP/GETTY IMAGES

DIET

Metal: Not Meat

Here in the U.S., you'd probably think something called a "vegetarian festival" would involve people in hemp clothing fondling vegetables and bulk grains. On Thailand's Phuket island, the annual vegetarian festival involves self-torture with metal spikes to remove evil and bring the community good luck. So if you think eating Tofurky or soy bacon is sooo horrible, just imagine them served on a skewer that is also poking through your cheek. (EXPRESS)

BOREDOM

Kids Pretend They Enjoy 1.3 mph Drive

He told police he just wanted to take the grandchildren out for a spin and treat them to some food at an area drive-in restaurant. But a police officer warned the man that hauling four unrestrained children, all around age 4, on a busy street in a 15-foot motorboat pulled by a lawnmower

isn't a good idea. The 61-year-old man drove to Beckley, W.Va.'s King Tut Drive-In on Saturday afternoon from his home. Even though he was driving an unregistered, uninspected vehicle on city streets, the man wasn't charged. Patrolman Jamie Blume said he didn't think the man willfully put his grandchildren in danger. However, the man was told to call for someone else to pick up the children and have them restrained in child safety seats. (AP)



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The total amount, in millions of dollars, awarded by a jury to three Nevada women who claim hormone replacement drugs distributed by pharmaceutical giant Wyeth caused their breast cancer. Wyeth plans to appeal the decision.

Nation

In Brief

WASHINGTON

First Baby Boomer Applies For Social Security Benefits

The nation's first baby boomer applied for Social Security benefits Monday, signaling the start of an expected avalanche of applications from the post World War II war generation. Kathleen Casey-Kirschling applied for benefits over the Internet at an event attended by Social Security Commissioner Michael Astrue. Casey-Kirschling was born one second after midnight on Jan. 1, 1946. (AP)



Workers take core samples Monday from a column that was hit by a truck.

SANTA CLARITA, CALIF.

Investigators Begin Search For Cause of Deadly Pileup

Investigators picked through scorched tire rims, truck axles and other wreckage Sunday hoping to pinpoint what triggered a fiery interstate tunnel pileup that killed three. Warren Stanley, California Highway Patrol assistant chief, refused to speculate on the cause of the crash but said the investigation would conclude on Sunday. (AP)

Simpson's Co-Defendants to Testify

One of the men says guns were involved in hotel confrontation

LAS VEGAS | A second co-defendant in the armed robbery case O.J. Simpson is suspected of being involved in said Monday that he will plead guilty to a reduced charge and testify against Simpson and four others in the alleged hotel room theft of sports collectibles from two memorabilia dealers.

Walter Alexander, 46, of Mesa, Ariz., told a judge he will plead guilty to conspiracy to commit robbery, a felony. He could face between one and six years in prison.

Outside the courtroom, Alexander and his lawyers declined to say what testimony he will provide.

Earlier Monday, Charles Cashmore, 40, of Las Vegas, told the same judge that he would plead guilty to a felony and testify for the



Charles Cashmore told a judge on Monday he would plead guilty to a felony charge and testify against O.J. Simpson and four others in an alleged theft in Las Vegas.

prosecution.

"It's always a prosecutor's strategy to go after the little fish to get to

the big fish," Cashmore's attorney, Edward Miley, said outside court. "In this, it seems to be that O.J.



Alexander

Simpson is the big fish."

The two plea agreements up the ante in the prosecution of Simpson. Cashmore can testify that guns were involved in the Sept. 13 confrontation with two sports memorabilia dealers at a Las Vegas casino hotel room, his lawyer said.

"He can establish who was in the room, what was said, who had guns, who didn't have guns, potentially who may have seen guns, who didn't see guns," Miley said. "I think he wishes he would have never met O.J."

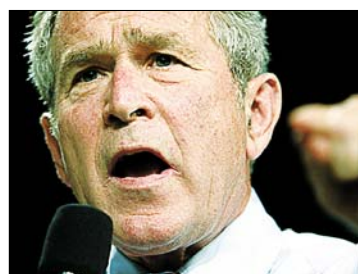
Simpson and his lawyers have denied guns were in the room at the Palace Station hotel-casino. Simpson's lawyers did not immediately respond Monday to requests for comment on the plea deals.

KEN RITTER (AP)

Bush Rails Against Federal Spending

President says he will veto bill if lawmakers fail to trim the budget

ROGERS, ARK. | President Bush admonished Congress on Monday for failing to send him a single spending bill yet, and warned lawmakers to trim their plans or face rejection.



President Bush is battling Democrats over the size of the federal budget.

"You're fixin' to see what they call a fiscal showdown in Washington," Bush said.

"The Congress gets to propose, and if it doesn't meet needs as far as I'm concerned, I get to veto," Bush said. "That's precisely what I intend to do."

The budget year began Oct. 1, and federal agencies are operating on a stopgap bill for now. Congress

has not yet agreed on the 12 spending bills that keep the government running.

Rep. Steny Hoyer of Maryland, the Democratic majority leader in the House, said Bush was in no position to offer a lecture on fiscal responsibility. He accused Bush of engaging in a vain attempt to play to his party's conservative bases.

"This is not a fight about spending," Hoyer said. "It's a fight about our priorities as a nation."

BEN FELLER (AP)

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Nation



"With me, what you see is what you get. I was a proud conservative yesterday, I remain one today, and I will be one tomorrow."

— Fred Thompson, in a speech delivered Monday night to the Conservative Party of New York

Trio Wins Nobel Prize in Economics

Americans recognized for influential studies of market behaviors

NEW YORK | Three U.S. economists, one of them a 90-year-old professor emeritus from Minnesota, will share this year's Nobel Memorial Prize in Economic Sciences for their work on how people's knowledge and self-interest affect their behavior in the market and in social situations.

Leonid Hurwicz, who lives in south Minneapolis, is the oldest winner ever of the Nobel Prize, the Royal Swedish Academy of Sciences said on Monday.

His work — along with that of Eric S. Maskin and Roger B. Myerson, who both are 56 — led to a theory that plays a wide-ranging role in contemporary economics and polit-



Eric S. Maskin, left, a professor at the Institute for Advanced Study at Princeton, is greeted by a friend outside his home after winning the Nobel economics prize.



Myerson



Hurwicz

ical science, touching on areas as diverse as labor contract negotiations, auctions of government bonds, voting procedures and the structuring of insurance policies.

In its citation, the academy said that their work on "mechanism design theory" has made it possible to "distinguish situations in which markets work well from those in which they do not."

Hurwicz, who is a professor emeritus of economics at the University of Minnesota in Minneapolis, started

work in this area in 1960.

"I really didn't expect it," he said of the Nobel announcement. "There were times when other people said I was on the short list, but as time passed and nothing happened I didn't expect the recognition would come because people who were familiar with my work were slowly dying off," he said.

Maskin said he was relieved Hurwicz was among the winners.

"Many of us had hoped for many years that he would win," Maskin said. "He is 90 years old now, and we thought time was running out. It is a tremendous honor to have the opportunity to share the prize with him and with Roger Myerson."

Stephen Morris, an economics professor at Princeton University, said he thought the academy's choice would be popular among economists.

"I think it was seen as inevitable that this work should be recognized somehow," he said. VINNIE TONG (AP)

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Nation

Craig Files Appeal in Minn.

Senator continues legal fight over plea in bathroom sex sting

MINNEAPOLIS | Embattled Sen. Larry Craig asked the Minnesota Court of Appeals Monday to overrule a county judge who refused to allow him to withdraw his guilty plea in connection with an arrest in an airport bathroom sex sting.

Craig's appeal was filed at the court in St. Paul less than two weeks after Hennepin County Judge Charles Porter refused to overturn the guilty plea, saying it "was accurate, voluntary and intelligent, and ... supported by the evidence."

Craig, a Republican from Idaho,



Sen. Larry Craig, R-Idaho, pleaded guilty to disorderly conduct in August.

pleaded guilty to disorderly conduct in August after he was accused of soliciting sex in a bathroom at the Minneapolis-St. Paul International Airport in June.

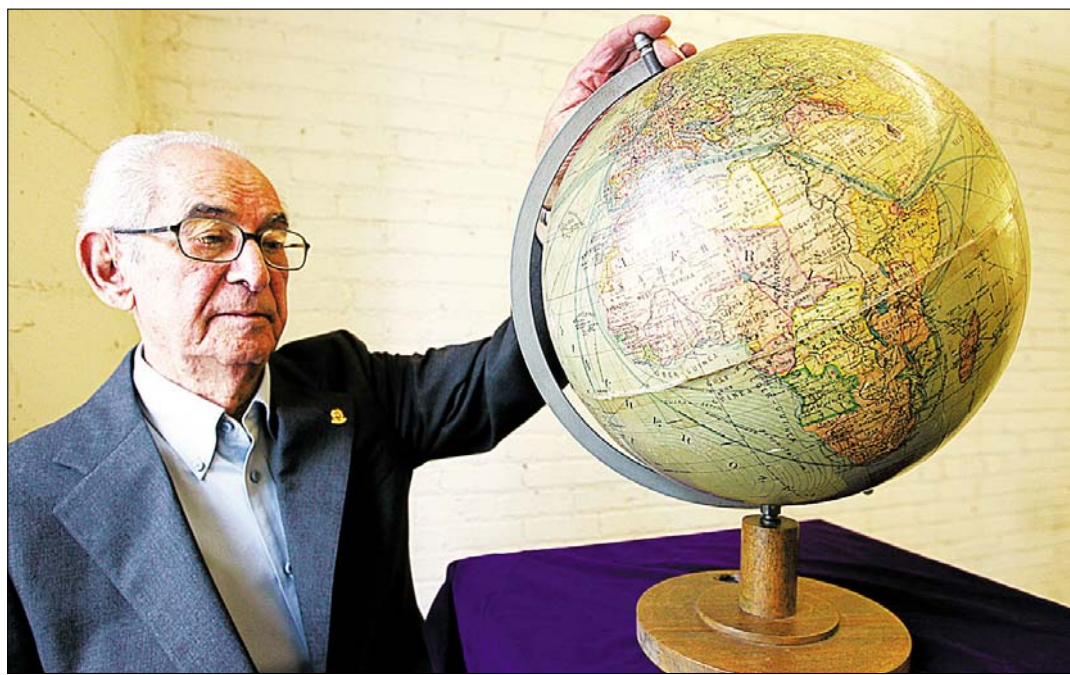
The four-page filing did not detail the basis for the appeal, noting only that Craig was appealing Porter's Oct. 4 order.

In an interview on Sunday with KTVB-TV in Boise, Idaho, Craig repeated that he will not resign his post in the Senate and said he had the right to pursue his legal options.

"It is my right to do what I'm doing," said Craig. "I've already provided for Idaho certainty that Idaho needed — I'm not running for re-election. I'm no longer in the way. I am pursuing my constitutional rights."

It will most likely be well into 2008 before the Court of Appeals rules on the case. AMY FORLITI (AP)WW

SAN FRANCISCO | HITLER'S LOST WORLD



WAR RELIC: John Barsamian, 91, stands by a globe that Adolf Hitler once owned. Barsamian plans to auction off the curious piece of war memorabilia, which he found in Hitler's home in Berchtesgaden, Germany, just days after Germany surrendered to the Allied forces in WWII. The globe is expected to attract bids ranging from \$15,000 to \$20,000.

Silly String Aids Troops in Iraq War

TRENTON, N.J. | Marcelle Shriver already had the party favors — about 80,000 cans of Silly String. Now, she has cause to celebrate.

After months of frustration, Shriver has finally found someone who will ship Silly String to

Iraq, where troops use the foamy substance to detect trip wires on bombs. Shriver struggled to find a way to send the cans, since Silly String is an aerosol and considered a hazardous material.

Shriver's Silly String campaign

began late last year after her son, Todd, a soldier slated to leave Iraq in November, asked his parents to send cans of the product.

The troops shoot the substance, which travels about 10 to 12 feet, across a room before entering. If it hangs in the air, that indicates a possible trip wire. (AP)

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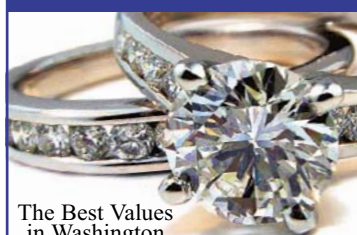
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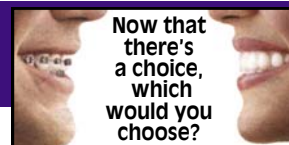
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13 SCARY MINUTES: India on Monday inaugurated a \$32 million tsunami early warning center, which can alert people living along the coast within 13 minutes of getting data from seismic stations.

World

In Brief



Lebanese prisoner of war Hassan Naeem Akel is released on Monday.

NAQOURA, LEBANON

Israel, Lebanon Complete Prisoner Exchange at Border

Israel exchanged a Hezbollah prisoner and the bodies of two Lebanese fighters for the corpse of an Israeli civilian Monday, a move that could pave the way for a deal involving the Israeli soldiers whose capture sparked the Israel-Hezbollah war. In a statement, Israeli Prime Minister Ehud Olmert's office said the swap was "in the framework of negotiations to return the captured soldiers, Eldad Regev and Ehud Goldwasser." (AP)

ISTANBUL, TURKEY

Government Seeks OK From Parliament for Iraq Incursion

Turkey moved closer to opening a new front in the Iraq war Monday, with the government asking parliament to approve a cross-border offensive against Kurdish rebels. Still, its leaders were reluctant to stage an incursion that could hurt Turkey's standing with Washington. Parliament was widely expected to authorize the Cabinet's motion seeking authorization for a military campaign in northern Iraq, and NTV television said a vote would happen Wednesday. (AP)

LONDON

Report: Taxiing Planes Collide

Two planes collided while taxiing on a runway at London's Heathrow Airport Monday night, television reports said. There were no reported injuries. Sky News television, citing witnesses it did not further identify, said one of two aircraft involved had lost an engine. (AP)

Rice: Time for a Palestinian State

Secretary of state seeks a consensus before summit in Md.

RAMALLAH, WEST BANK | Saying the time is now for a Palestinian state, Secretary of State Condoleezza Rice on Monday prodded Israel and the Palestinians to agree at a U.S.-sponsored conference this fall on how and when to start formal peace talks.

In one of her strongest statements yet on the issue, Rice declared that creation of a Palestinian state is

a key U.S. interest and urged the two sides to drop contentious demands and reach consensus on a substantive joint statement ahead of the international conference.

"Frankly, it's time for the establishment of a Palestinian state," Rice told a news conference with Palestinian Authority President Mahmoud Abbas, who she saw on the second of a four-day intense Middle East shuttle diplomacy mission.

"The United States sees the establishment of a Palestinian state and a two-state solution as absolutely essential for the future,

not just of Palestinians and Israel-



Rice

lis but also for the Middle East and indeed to American interests," she said in explaining her mission to prepare for the conference to be held in Annapolis, Md. as early as late November.

In her talks in Jerusalem and the West Bank, she is seeking to bridge wide gaps between Israel and the Palestinians over the declaration to be endorsed in Annapolis that

President Bush hopes will lead to negotiations for a final settlement of the long-running conflict.

Israeli Prime Minister Ehud Olmert has said he does not see the document as a prerequisite for the conference. He wants it as vague as possible on critical so-called "final status issues" like the borders of a Palestinian state and the status of disputed Jerusalem. The Palestinians, meanwhile, have said they will not attend the conference without a document that contains details on those matters as well as a specific timeline for their resolution. (AP)



BIG FIND: A computer-generated image of the 105-foot Futalognkosaurus is seen next to the fossils found in Argentina.

Fossils of Giant Dinosaur Unearthed

Skeleton of 105-foot new species found near Argentina lake

RIO DE JANEIRO, BRAZIL | The skeleton of what is believed to be a new dinosaur species — a 105-foot plant-eater that is among the largest dinosaurs ever found — has been uncovered in Argentina, scientists said Monday.

Scientists from Argentina and Brazil said the Patagonian dinosaur

appears to represent a previously unknown species of Titanosaur because of the unique structure of its neck. They named it Futalognkosaurus dukei after the Mapuche Indian words for "giant" and "chief," and for Duke Energy Argentina, which helped fund the skeleton's excavation.

"This is one of the biggest in the world and one of the most complete of these giants that exist," said Jorge Calvo, director of paleontology center of National University of Comahue,

Argentina, lead author of a study on the dinosaur published in the peer-reviewed Annals of the Brazilian Academy of Sciences.

Scientists said the giant herbivore walked the Earth some 88 million years ago, during the late Cretaceous period. Since the first bones were found on the banks of Lake Barreales in the Argentine province of Neuquen in 2000, paleontologists have dug up the dinosaur's neck, back region, hips and the first vertebra of its tail. MICHAEL ASTOR (AP)

Iran Visit Postponed By Putin

Amid assassination plot threat, Russian president delays trip

TEHRAN, IRAN | Russian President Vladimir Putin pledged Monday to negotiate with Iran on behalf of the international community in their nuclear standoff, although he didn't come to Tehran as scheduled amid warnings of a possible assassination plot.

Putin's planned trip, the first here by a Kremlin leader since World War II, raised hopes that personal diplomacy could find a solution to the impasse over the Iranian nuclear program, but he delayed his arrival, which had been set for Monday evening.

The Russian leader insisted to reporters in Germany that he was going ahead with the trip, but the Kremlin declined to discuss details. The official Iranian news agency said late Monday that Putin had only put off his trip by several hours and would be in Tehran early Tuesday in time for a Caspian region summit.

Iran gave no further details, and Kremlin officials wouldn't comment on reasons for the delay or say exactly when Putin would arrive.

VLADIMIR ISACHENKOV (AP)

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World

60

The percentage of AIDS patients in Africa who are still taking their medication needed to live two years after starting treatment, researchers said. Death was the reason many stopped.

Suspected Pedophile ID'd

Interpol worldwide manhunt for teacher moves to Thailand

PARIS | A suspected pedophile sought in a worldwide Interpol manhunt has been identified and is believed to be in Thailand, the international police organization said Monday.

The man was allegedly shown sexually abusing 12 young Vietnamese and Cambodian boys, apparently ranging in age from 6 to early teens, in about 200 photographs posted on the Internet. The man's face was disguised in the photos as a digitalized whirl.

Using techniques that neither they nor Interpol would discuss, German police re-created an image of the man's face and released four



A man suspected of being a pedophile is seen at Bangkok International Airport.

reconstructed photos of him last week.

Interpol said more than 350 people then supplied tips to authorities worldwide, leading them to identify the man as an English teacher

who worked at a school in South Korea.

Interpol said it now knows the suspect's name, nationality, date of birth and passport number, but it did not release that information in its statement. It said the man flew from Seoul, South Korea, to Bangkok, Thailand, last Thursday, with security cameras documenting his arrival at Thai immigration. Interpol again appealed for public help to track him down now.

The deputy chief of Thailand's Interpol liaison office, police Col. Pornprasert Kanchanarin, said he was unaware of the new developments in the case. Authorities in the countries affected are still collecting and analyzing evidence to bring charges against the man when he is arrested, according to Interpol's statement. JAMEY KEATEN (AP)

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AIRING CONCERN: A man hopped over a security barrier in the British Museum on Monday and tied surgical masks to the faces of two Chinese terra-cotta warriors in a protest against China's pollution problems. The man was not arrested and the statues were not damaged.

World

Hu Eyes Modest Reforms in China

In speech to Congress, leader tries to offer each group something

BEIJING | Opening a Communist Party congress seen as a test of his political skills, Chinese leader Hu Jintao on Monday promised modest steps to reform the government, support for a sustained military buildup and expanded social programs.

In a 2-hour, 20-minute address, Hu outlined no bold initiatives. But he offered something for most key constituencies — tinkering with the authoritarian political system for the party's liberal wing, more money for the politically influential military, and praise for Marx and Mao Zedong for more orthodox party members.

The remarks are telling about the way Hu has governed China in the last five years and the direction he is likely to take in the next five. With the revolutionary veter-



Delegates have their picture taken in front of a screen showing Hu's speech Monday.

China's Green Standard

→ China has promised a "green" Olympics, but it's failure to divulge what's in the air has alarmed athletes, surprised scientists and raised questions about the commitment to change. | **Today's AI**

IN The Washington Post

ans dead or dying, Hu and others in the Chinese leadership lack the broad authority to press for ambitious changes.

Instead, cautiously they cobble together small coalitions to get things done.

The weeklong party congress,

held once every five years, will provide a crucial indicator of Hu's deftness.

The congress is set to reappoint Hu for a second and probably final five-year term. But key measures of his influence will be how many supporters he can maneuver into key positions.

Hu, 65, is expected to push for the elevation of protege Li Keqiang, 52, onto the Politburo Standing Committee. Xi Jinping, the 54-year-old party boss of Shanghai and the son of a revolutionary veteran, is also expected to get a seat.

Hu took no chances on one of China's most sensitive international issues, Taiwan. He offered to hold talks to formally end hostilities with the estranged, rival government, which split from China 58 years ago.

But Hu did so under a condition that Taiwan recognize it is part of China — terms that Taiwan previously and immediately rejected.

CHRISTOPHER BODEEN (AP)

Opposition Party Calls for Junta To Stop 'Torture'

YANGON, MYANMAR | The party of Myanmar's detained pro-democracy leader Aung San Suu Kyi urged the country's junta Monday to end the "torture" of monks and activists rounded up after last month's protests.

The European Union, meanwhile, agreed to strengthen sanctions against the military regime if it failed to engage in dialogue with the country's pro-democracy forces.

The call by the National League for Democracy echoed concerns raised by a United Nations envoy who said reports of new repressive measures in Myanmar were "extremely disturbing."

The reported new arrests of dissidents, interrogations and acts of intimidation "are extremely disturbing and run counter to the spirit of mutual engagement between the United Nations and Myanmar," U.N. special envoy Ibrahim Gambari said in Bangkok, Thailand. (AP)

Protesters Denounce Mayor for Pet Killings

Puerto Ricans express fury over throwing of animals from a bridge

SAN JUAN, PUERTO RICO | Angry pet owners and protesters demonstrated outside a town hall in a northern Puerto Rico city on Monday, as outrage grew over the killing of dozens of animals seized from residents of housing projects.

The crowd tried unsuccessfully to meet with Barceloneta Mayor Sol Luis Fontanez, who ordered last week's seizure of the cats and dogs that were apparently later thrown from a 50-foot-high bridge. Some protesters yelled "murderer."

Fontanez, who pledged to resign if his government is found responsible, blamed a contractor hired to collect and euthanize the pets.


With the help of television news broadcasts, a few animals rescued



Animal rights activist Leisha Swayne comforts a dog seized in San Juan.

with broken bones and other injuries were reunited with their owners. Dozens more were buried in a mass grave.

On Monday, the contractor denied responsibility and accused residents of the housing projects of lying to get revenge for repeated raids to clear stray animals. "It's their version against mine, and at some point they will have to prove it in court," said Julio Diaz, owner of Animal Control Solutions. MANUEL ERNESTO RIVERA (AP)



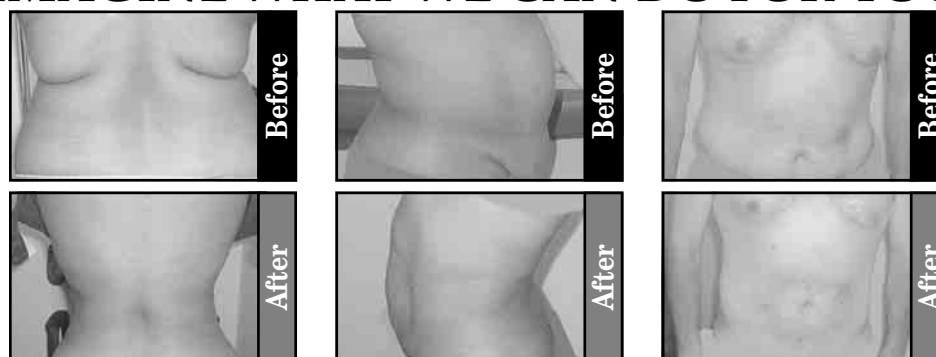
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FRESH CONNECTION: Amtrak will install Wi-Fi hot spots at five Northeast corridor stations including Washington's Union Station and Baltimore's Penn Station, giving passengers access to wireless Internet service for the first time. The service will be provided by T-Mobile.

Local

In Brief

ANNAPOLIS, MD.

O'Malley Formally Calls For Special Budget Session

Gov. Martin O'Malley formally called Monday for a special session to grapple with Maryland's \$1.7 billion budget deficit, and the governor said he was inclined to support a referendum on whether to legalize slot machine gambling. The special session will begin on Oct. 29, and O'Malley said he was "very optimistic" lawmakers could reach consensus on his broad budget plan of new taxes and some tax cuts, proposals he contends will ultimately save about 80 percent of state residents some money. "This is a forward-looking plan," O'Malley said. (AP)

BALTIMORE

Md. Man Pleads Guilty To Killing Would-Be Thief

A Baltimore homeowner pleaded guilty Monday to voluntary manslaughter in the fatal shooting of a man who tried to steal the rims off his 2006 Mercedes. Charles Brockington, 47, faces a maximum of 10 years in prison. Police said Brockington was getting ready to go to work around 5:30 a.m. in June when he spotted a man outside messing with his car. He confronted the man and shot him once in the upper body. The would-be thief got into a car and drove off but crashed a short time later. He was later pronounced dead. (AP)

WASHINGTON

Firefighter Recruit Dies After Training Exercise

D.C., Fire and EMS officials say a recruit has died after getting sick during training exercises. The department says 23-year-old Eric Allen of Temple Hills, Md., died about 8:30 a.m. Monday. Allen reported to the Training Academy early Sunday to begin a series of physical tests to determine his admission to a recruit class. After completing a stair-climbing exercise, Allen began having trouble breathing. He was examined by a paramedic and then taken to Greater Southeast Community Hospital and later to Washington Hospital Center. (AP)

\$500M Dedicated for Greener D.C.

Va. Tech, private firms hope to retrofit 100 buildings in region

WASHINGTON | A \$500 million partnership announced Monday between Virginia Tech and a group of private companies hopes to convert dozens of office buildings in the D.C. region into environmentally friendly green buildings.

Under the partnership, financier Hannon Armstrong will commit \$500 million in loans over the

next five years to property owners to retrofit their buildings and make them more energy efficient. The retrofits can reduce energy bills by 20 to 50 percent, depending on the building's condition.

The \$500 million commitment is enough to finance retrofits of roughly 100 buildings, said Hannon Armstrong CEO Jeffrey Eckel. Two buildings are already scheduled for retrofits — one at L'Enfant Plaza in Washington and the Reston International Center in Northern Virginia.



Charles Steger, president of Va. Tech, announces the \$500M deal on Monday.

Virginia Tech President Charles Steger said at a press conference Monday that the school, which has a satellite campus in Falls Church, will contribute its own expertise in building design and conservation. "The goal is to make the metropolitan D.C. area one of the nation's leading green cities and a model for other communities," he said. "Today's students are very interested in the challenges we face in creating a sustainable environment."

MATTHEW BARAKAT (AP)

IN The Washington Post | NEIGHBORHOOD DISPUTE



CULTURE SHOCK: John Magnus, head of a group opposed to a Buddhist structure in his Massachusetts Avenue neighborhood, stands in front of the cultural center's proposed site on Oct. 13. The group received the go-ahead from the D.C. Zoning Board to build the center as a "matter of right."

❖**Zone fraud:** Neighbors discredit "place of worship" status | Today's Metro

Va. Budget Plan Stirs Partisan Bickering

RICHMOND, VA. | House Republicans and the Kaine administration swapped accusations of political grandstanding Monday over the governor's plans for closing a \$641 million budget shortfall.

The exchange came as the House Appropriations Committee got its first briefing on Gov. Timothy M. Kaine's proposal to cut agency spending and dip into the state's financial reserves. State Secretary of Finance Jody Wagner was asked why

the administration has not addressed the possibility of delaying some construction projects rather than tapping up to \$300 million from the "rainy day fund." She said "a euphemism" for that possibility was mentioned in a previous communication, although capital project cuts are not part of the governor's plan.

"It sounds like they're playing a little smoke-and-mirrors with us," House Majority Leader Morgan Griffith told reporters. (AP)

The Lotteries

Monday, Oct. 15

DISTRICT

| | |
|------------------------------|---------------------------|
| Mid-day Lucky Numbers | 4-3-8 |
| Evening Lucky Numbers (Sun.) | 6-7-7 |
| Mid-day DC 4 | 1-5-6-6 |
| Evening DC 4 (Sun.) | 4-3-2-1 |
| Rolling Cash Five (Sun.) | 10-15-16-23-35 |
| Daily 6 (Sun.) | 3-6-15-31-36-39 Bonus: 10 |

All winning numbers are official only when validated at a lottery ticket location or a lottery claims office. Drawings that occur after Express's deadline will be published two days later.

MARYLAND

| | |
|-----------------------|-------------------------|
| Mid-day Pick 3 | 6-2-7 |
| Evening Pick 3 (Sun.) | 3-7-1 |
| Mid-day Pick 4 | 2-9-0-2 |
| Evening Pick 4 (Sun.) | 5-9-3-3 |
| Match 5 (Sun.) | 3-27-29-33-37 Bonus: 11 |

VIRGINIA

| | |
|-----------------------|---------------|
| Mid-day Pick 3 | 4-1-6 |
| Evening Pick 3 (Sun.) | 7-3-3 |
| Mid-day Pick 4 | 9-6-4-9 |
| Evening Pick 4 (Sun.) | 4-8-0-8 |
| Mid-day Cash 5 | 8-12-14-18-28 |
| Evening Cash 5 (Sun.) | 6-12-15-25-28 |

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Money

57 The percentage drop in profit reported by Citigroup Inc. in its third-quarter statement released on Monday. Citigroup saw mortgage-backed security losses of \$1.56 billion, more than the bank estimated two weeks ago.

Market Action

New York Stock Exchange

Gainers

| STOCK | LAST | DAILY CHANGE | DAILY PERCENT CHANGE |
|-------------|-------|--------------|----------------------|
| Tektronx | 37.85 | +9.51 | +33.6 |
| Aegean n | 45.07 | +4.97 | +12.4 |
| ShawGrp | 70.41 | +4.48 | +6.8 |
| CSK Auto If | 11.42 | +7.2 | +6.7 |
| Unifi | 2.71 | +1.16 | +6.3 |

Losers

| | | | |
|-------------|-------|-------|-------|
| Primedia rs | 10.95 | -2.26 | -17.1 |
| LaBrnch | 5.12 | -.68 | -11.7 |
| Medtrnic | 50.00 | -6.33 | -11.2 |
| WP Stew | 8.68 | -1.03 | -10.6 |
| MidwGm | 3.49 | -.39 | -10.1 |

Rates

| | CURRENT | PREVIOUS WEEK |
|-----------------|---------|---------------|
| Prime Rate | 7.75 | 7.75 |
| Fed Funds close | 4.75 | 4.81 |
| 3-month disc | 4.18 | 3.88 |
| 2-year | 4.18 | 4.06 |
| 10-year | 4.67 | 4.64 |
| 30-year | 4.90 | 4.87 |

NASDAQ Stock Market

Gainers

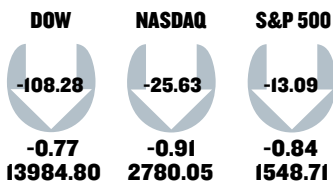
| STOCK | LAST | DAILY CHANGE | DAILY PERCENT CHANGE |
|------------|-------|--------------|----------------------|
| Phazar | 10.52 | +2.95 | +39.0 |
| NeurobiTrs | 3.99 | +.99 | +33.0 |
| PrvtMed | 3.09 | +.69 | +28.8 |
| NetSolTch | 3.79 | +.67 | +21.5 |
| lomai | 1.87 | -.03 | -1.6 |

Losers

| | | | |
|------------|------|-------|-------|
| HSW Intl n | 7.44 | -2.34 | -23.9 |
| MMC En n | 3.88 | -.76 | -16.4 |
| MEDecis n | 3.61 | -.64 | -15.1 |
| NatureVis | 2.30 | -.36 | -13.6 |
| BeaconPw | 2.01 | -.31 | -13.4 |

Currency (Dollars in foreign currency)

| | TODAY | PREVIOUS DAY | YEAR AGO |
|------------------|---------|--------------|----------|
| British Pound | .4896 | .4916 | .5386 |
| Canadian Dollar | .9773 | .9736 | 1.1374 |
| European Euro | .7042 | .7054 | .7991 |
| Japanese Yen | 117.21 | 117.56 | 119.63 |
| Mexican Peso | 10.8238 | 10.8052 | 10.8495 |
| Taiwanese Dollar | 32.66 | 32.69 | 33.18 |



Biotech Stocks

| STOCK | LAST | DAILY CHANGE | YEAR TO DATE PERCENT CHANGE |
|-------------|-------|--------------|-----------------------------|
| Amgen | 57.67 | -.50 | -15.6 |
| Amylin | 47.86 | +.19 | +32.7 |
| BiogenIdc | 82.51 | +13.08 | +67.7 |
| Celgene | 72.58 | -1.42 | +26.2 |
| ChRvLab | 57.20 | +.12 | +32.3 |
| GenProbe | 70.17 | -.68 | +34.0 |
| Genentch | 77.50 | +.25 | -4.5 |
| Genzyme | 74.77 | +3.06 | +21.4 |
| GileadSci s | 42.01 | -1.29 | +29.4 |
| Illumina | 60.17 | -.77 | +53.1 |
| Imclone | 46.45 | +1.14 | +73.6 |
| Invitrogn | 83.03 | -.82 | +46.7 |
| MillPhar | 10.94 | -.05 | +.4 |
| QIAGEN | 21.38 | -.15 | +41.3 |
| VertxPh | 36.08 | +.31 | -3.6 |

Banks Team Up For Rescue Fund

Consortium seeks to help the recovery of troubled credit market

NEW YORK | The nation's three largest banks said Monday they are teaming up to create a rescue fund of sorts — potentially as large as \$100 billion — to help bail out troubled global credit markets.

Citigroup Inc., Bank of America Corp. and JPMorgan Chase & Co., at the prodding of the Treasury Department, will buy distressed debt from markets roiled during the summer's financial crisis. The joint effort is the result of more than a month of talks mediated by the government.

The plan is designed to inject more confidence into the market and increase investor appetite for

the short-term debt known as commercial paper. The market for commercial paper, which is crucial for companies to fund short-term borrowing needs and which has historically been considered very safe, locked up this summer.

That followed a crisis in the mortgage industry, as people defaulted on their home loans at a skyrocketing rate. It caused a widespread aversion to risk and led the Federal Reserve to pump money into the financial system, though the latest plan relies more heavily on the banks themselves.

It was not known how much money would be put into the fund, but there have been reports it could be between \$80 billion and \$100 billion. Each bank will put up an unspecified amount of its own capital into the fund. JOE BEL BRUNO (AP)

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Singapore Airlines Chief Executive Chew Choon Seng touts the new A380 jet.

Airbus' New Jet Lands

TOULOUSE, FRANCE | Airbus finally delivered its first A380 superjumbo, a revolutionary behemoth that includes luxury suites equipped with comfy double beds.

Singapore Airlines took delivery of the double-decker jet, the world's largest passenger plane, almost two years late but said it was well worth the wait.

"Until now, the A380 has been

Airbus' baby. Today we are here to celebrate this beautiful mature aircraft coming of age," said Airbus President Thomas Enders at a handover ceremony that included a sound and light show attended by about 500 guests.

Singapore Airlines Chief Executive Chew Choon Seng said the new aircraft was "well worth the wait."

EMMA VANDORE (AP)

136

The number of points scored during Boise State's 69-67 win over Nevada in four OTs, an NCAA record. The teams combined for 17 touchdowns and 1,266 yards. Boise State's "D" gave up an average of 12.2 points per game heading into Sunday's game.

Sports

Swengali

REDSKINS | BY MATT SWENSON

This Loss Really Hurt Redskins

IT'S EASY TO SIT HERE and say the Redskins should be 5-0.

The only flaw in the logic is that if the team were good enough to be undefeated, it would be sitting atop the NFC East.

Rather, Washington has been just good enough to lose twice.



Todd Wade

The good news is that despite handing victories to the New York Giants and Green Bay Packers, the Redskins still have a winning record.

Of greater concern than the record — or even Joe Gibbs' complete mismanagement of the team's

It doesn't matter how many skilled players you have if there aren't five linemen to block.

second-half timeouts — is Washington's injury problems.

It doesn't matter how many skilled players you have if there aren't five offensive linemen able to block defenders. The Packers were practically living in the backfield late in Sunday's 17-14 game at Lambeau Field. Poor play calling had nothing to do with that. The Redskins were simply out of healthy bodies.

If the offensive line can just stay in one piece, the season still looks promising. Of the remaining 11 games, you can figure the Patriots game in two weeks will be a sure loss, and at least one of the Cowboys games will go Dallas' way.

Other than that, the playoffs are right there for the taking.

All Washington needs to do is stop beating itself on Sundays.



To reach Matt Swenson, e-mail matt.swenson@readexpress.com

Nothing's Right on Redskins' Line

Team must figure out how to cope after losing 3 more linemen

REDSKINS | Bubba Tyer can't remember anything like it, and he's been with the Washington Redskins for 36 years. Nor can Joe Gibbs, who has spent 24 seasons in the NFL and is in the Hall of Fame.

The Redskins on Monday were dealing with the aftereffects of losing three offensive linemen to injuries in the same game. Todd Wade, Casey Rabach and Stephon Heyer all went down in the 17-14 loss to the Green Bay Packers, further debilitating a line already playing without ailing stalwarts Jon Jansen and Randy Thomas.

"It's a very unusual situation," Gibbs said. "It never happened to me before."

It takes five players to make up a line, and the Redskins usually have only seven linemen active on game day. Obviously, the math didn't work Sunday. When Heyer was hurt late in the fourth quarter, Wade had to return and play left tackle even though he was essentially playing on one leg.

Now the Redskins have to play a game of Count the Bodies to see



Packers DE Aaron Kampman sacks Jason Campbell on the play when Stephon Heyer strained his hamstring on Sunday.

if they will have enough lineman to have a practice on Wednesday and, more importantly, what they need to do to be able to field a team for Sunday's game against the Arizona Cardinals.

Tyer, the team's longtime trainer, said Wade and Rabach have strains of the right groin, and Heyer has a strained left hamstring. While

it's early in the week, Tyer was somewhat more positive about Rabach, whose strain was classified as mild.

If Wade and Heyer can't play, the Redskins would consider moving Jason Fabini to right tackle

and playing recently signed Rick DeMulling at right guard. Another option is to make a two-way player out of defensive lineman Lorenzo Alexander, who took some snaps with the offensive line during off-season workouts. JOSEPH WHITE (AP)

Out of options: It wasn't long ago that the Cardinals were splitting time at QB between Matt Leinart and Kurt Warner. Now, both are injured | Today's Post, Sports

Same Old Story for Vinny Testaverde

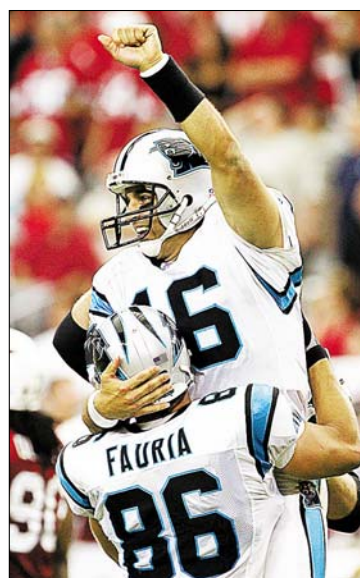
Panthers journeyman QB, 43, is the oldest to win an NFL game

NFL | Vinny Testaverde was excited and nervous.

When he signed last Wednesday with the Carolina Panthers, the 43-year-old thought he could still play. But he wasn't sure he'd gain the respect of his teammates.

"Not having the support of the players was a worry of mine," Testaverde said Monday. "Dealing with me being 43 years old and the players looking at me and saying, 'Hey, how is this guy going to help us? He's 43. He's not going to be able to do it.'"

He has nothing to worry about anymore. Except perhaps being



Vinny Testaverde celebrates after a fourth-quarter touchdown on Sunday.

FLIP-FLOPPERS

Eight teams have changed their quarterbacks since Week 1:

- **Browns:** Replaced Charlie Frye with Derek Anderson.
- **Rams:** Gus Frerotte took over for the injured Marc Bulger.
- **Panthers:** Vinny Testaverde is in after injuries to Jake Delhomme.
- **Dolphins:** Trent Green was replaced by rookie Cleo Lemon.
- **Raiders:** Daunte Culpepper is the QB now over Josh McCown.
- **Bears:** Rex Grossman got the hook and Brian Griese stepped in.
- **Ravens:** Kyle Boller played last week for the injured Steve McNair.
- **Arizona:** Matt Leinart is out and Tim Rattay started this week.

involved in a quarterback controversy.

The man nicknamed "Dad" by his teammates led the Panthers to a 25-10 win at Arizona on Sunday despite not knowing all his teammates' names. An emergency fill-in with Jake Delhomme out for the year and David Carr nursing a sore back, Testaverde learned enough of the offense in four days to become the third-oldest QB to start an NFL game and the oldest to win one.

A guy who spent the previous Sunday at home watching games on TV completed 20 of 33 passes for 206 yards, including the go-ahead 65-yard touchdown pass to Steve Smith in the fourth quarter.

"I've always told myself as long as I'm healthy and I'm having fun and I can contribute to the team, I want to continue to do it," he said. "It never gets old." MIKE CRANSTON (AP)

Sports



"The moment I received the profit of my work, I had mixed feelings, something between satisfaction and regret for what we were deprived of."

— Cyclist Oscar Pereiro, who on Monday was finally awarded the winner's jersey from the 2006 Tour de France.

Ravens Will Stick With Boller at QB

Goal is to give McNair 3 full weeks off to rest his injured groin, back

RAVENS | Steve McNair was tired of trying to play in pain. Baltimore Ravens coach Brian Billick ran out of patience waiting for the quarterback to heal.

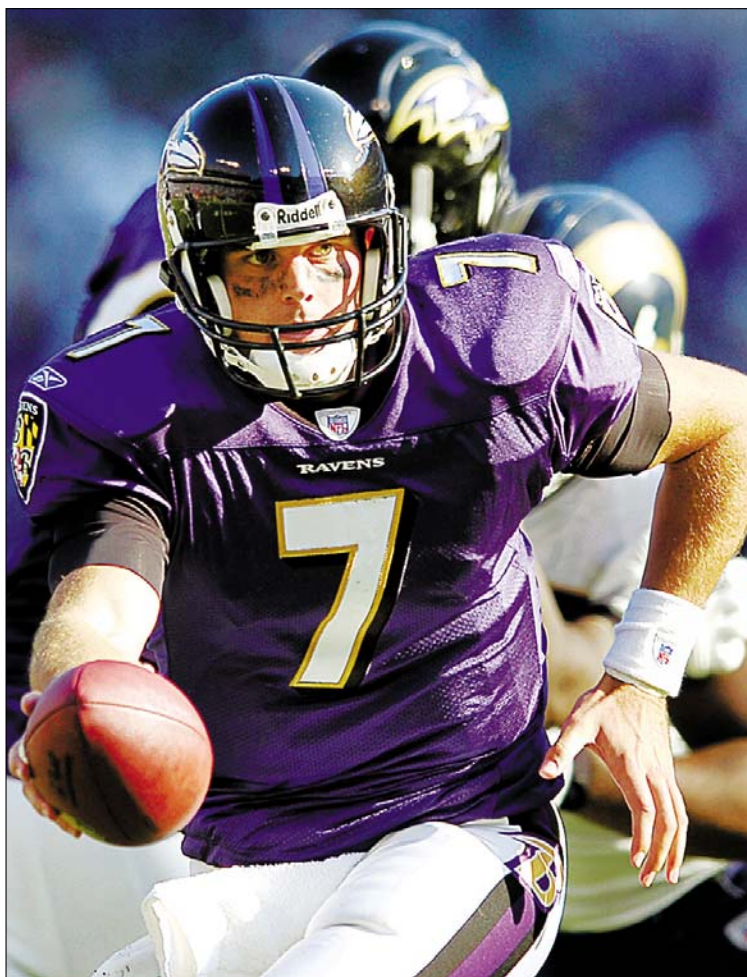
So the two agreed: McNair sits out two straight games, then steps back into the starter's role upon his return.

Kyle Boller will start at quarterback for a second straight week on Sunday in Buffalo, Baltimore's final game before a much-needed bye. McNair could play if needed, but the Ravens would prefer he rest his lingering groin injury and sore back.

The objective is to get McNair three straight weeks off before the Ravens resume play on Nov. 5 in Pittsburgh.

"We're confident that he will be fully healthy for Pittsburgh, and there's no circumstance I can think of that would not have him as our starter," Billick said Monday.

After keeping McNair on the sideline during Sunday's 22-3 win over St. Louis, Billick promptly announced that Boller would



Kyle Boller will start at quarterback for the Ravens instead of Steve McNair for the second straight week. Boller led Baltimore to a 22-3 win over the Rams last week.

start against Buffalo, too. His reasoning was that no one would have believed he was still taking a wait-and-see approach to monitor McNair's health.

"I could have tried to play that game; you all wouldn't have bought it and I don't know if would have tricked Buffalo," Billick said. "We kind of went past that by starting Kyle last week, and it was pretty evident we were going to do the same thing this week."

McNair is known for his ability — and willingness — to play hurt. He's been playing through the groin injury since the first game of the season. But he realized that his ailments weren't getting any better, and was sick of playing at far less than 100 percent.

That's when Billick broached the idea of a three-week break. The discussion eventually involved general manager Ozzie Newsome, the Ravens coaching staff and even McNair's wife. Everyone agreed that the best solution was to give the quarterback some time to heal.

DAVID GINSBURG (AP)

Late games: Monday night's LCS games both ended after Express' deadline. For results | **Today's Post, Sports**



The Reds introduced manager Dusty Baker at a press conference Monday.

Dusty Baker Dons Reds Cap

BASEBALL | Dusty Baker had a whole new look. The 58-year-old manager put on a bright red Cincinnati cap and a red-and-white jersey Monday during his introduction as the next Reds manager. The color just didn't fit.

"This is my first red uniform in my whole life," Baker said.

As an outfielder, he won a World Series ring while wearing Dodger blue in 1981. As a manager, he has won 1,162 games in San Francisco's orange and black and Cubs blue.

"I'm inspired," said Baker, the first black manager in the history of baseball's first professional team. "Hopefully we can all come together for the same goal of winning, and we can have that championship ticker-tape parade, which is what I really, really need. I need that badly." (AP)

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Sports



Ohio State's "D" has given up just 6.6 points per game, but against weak opponents.

The No. 1 Formula: Keep on Winning

Top-ranked Ohio State hasn't done much, but it hasn't lost a game

COLLEGE FOOTBALL | Ohio State was supposed to be in transition, replacing a Heisman Trophy winner, a couple first-round draft picks and numerous key players from a team that played for a national championship last season.

Now the rebuilt Buckeyes are No. 1 in the AP Top 25 and the Bowl Championship Series standings, thanks to a string of surprising results over the past three weeks. The final unlikely events unfolded Saturday when the top two teams in the rankings — LSU and California — both lost and the door to the top spot swung open for the unbeaten Buckeyes.

"Our guys have done what they have needed to do to this point in the year, and we are pleased with that effort and progress, but not content," Ohio State coach

Jim Tressel said Sunday. "With the most demanding part of our schedule remaining with five Big Ten conference games, there is a lot of work ahead of us."

The Buckeyes have rolled through their first seven games on the strength of the nation's best defense. Led by linebacker James Laurinaitis, fellow linebacker Marcus Freeman and stout lineman Vernon Gholston, Ohio State is allowing only 6.6 points and 212 yards per game.

The quality of the Buckeyes' competition has been sketchy. They've beaten three overmatched teams from Ohio — Youngstown State, Akron and Kent State — won at Washington and swept by Northwestern, Minnesota and Purdue.

But while so many highly ranked teams have slipped against underdogs, the Buckeyes just keep winning — even with much of their offensive firepower from last season in the NFL.

And this year, winning is all it takes to be No. 1. **RUSTY MILLER (AP)**

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TODAY'S TV LINEUP

BASEBALL (8 P.M. ON FOX) Neither the Red Sox nor the Indians want to pitch their aces on short rest. So, instead of Sabathia-Beckett in Game 4, we get 41-year-old knuckleballer Tim Wakefield against 36-

year-old screwballer Paul Byrd.

HOCKEY (7 P.M. ON VERSUS) Sometimes, it pays to be a hockey fan. No one else would want to watch the Flyers host the Thrashers.

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- 🐾 Provide food, shelter, medical care, rehabilitation, and compassion to homeless animals
- 🐾 Find permanent, loving homes for the animals in our care
- 🐾 And most importantly, bring about a time when there will be no more homeless pets and every dog and cat can be guaranteed a loving home

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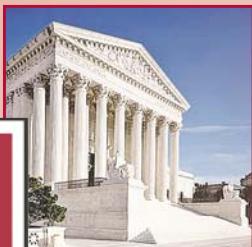
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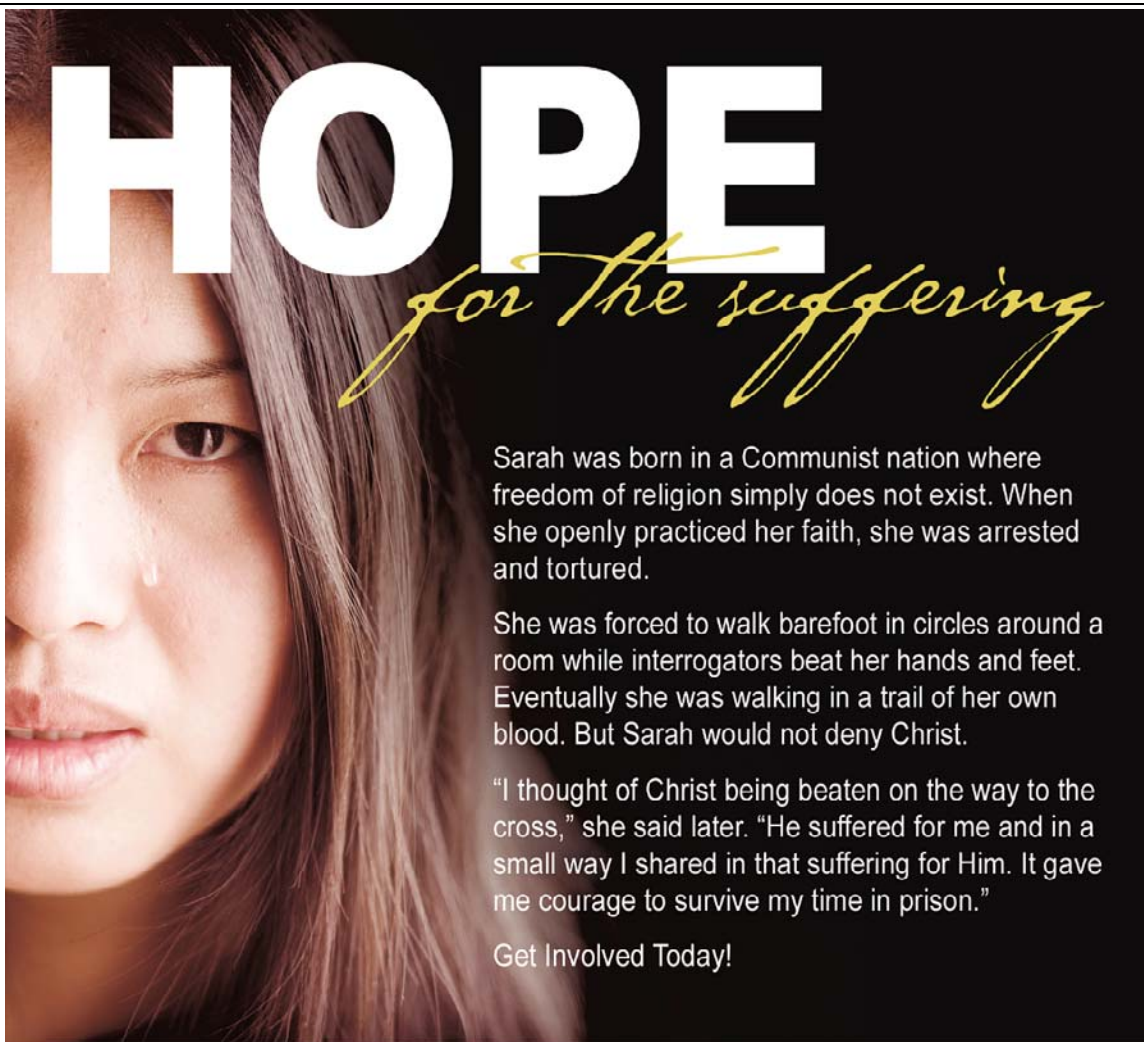


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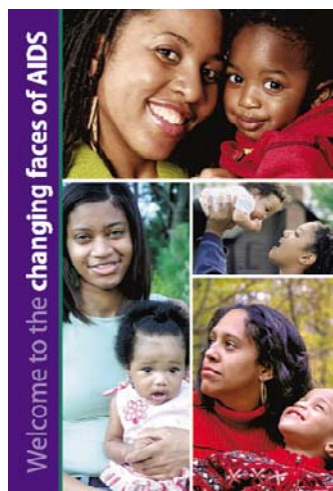
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MEMOIRS OF A ROCK STAR: Eric Clapton has written a brutally honest account of his life, titled "Clapton: The Autobiography." The book chronicles his music career, struggles with substance abuse and eventual escape out of the darkness.

Entertainment

The Essence of Gonzo



CLARITY: Anita Thompson sheds light on a journalist's character in "The Gonzo Way: A Celebration of Dr. Hunter S. Thompson."

Anita Thompson sets the record straight on her late husband

JOURNALIST | It wasn't a reckless obsession with liquor, drugs and gunplay that made Hunter S. Thompson the undisputed king of Gonzo journalism, his wife says. Instead, it was old-fashioned principles such as working hard and telling the truth, enlivened by the glee

Thompson took from learning and from being right.

"I don't deny his lifestyle, because his lifestyle was pretty extreme," Anita Thompson told The Associated Press, but that lifestyle was made possible by his success as a reporter and writer, not the other way around.

In her new book, "The Gonzo Way: A Celebration of Dr. Hunter S. Thompson," Thompson says her husband built his career with

a tireless dedication to the craft of reporting, a keen awareness of his own shortcomings and his personal blend of patriotism: loving his country while mistrusting authority.

Thompson shot himself in the kitchen of his home outside Aspen in February 2005 at age 67.

He had established himself as an original and riveting voice with "Hells Angels," published in 1966, and "Fear and Loathing in Las Vegas" in 1972. It was Gonzo

journalism — irreverent, outlandish and unapologetically personal. The image it projected gave Thompson a reputation as an unbridled outlaw surfing on a wave of drugs and excess.

After his death, Anita Thompson said, she got stacks of e-mails and letters from young people who thought they could duplicate his success by mimicking his infamous consumption.

"They wrote me these letters about drinking bottles of Wild Turkey and doing grams of cocaine," said Thompson. "And I realized, OK, I need to correct that."

Her book, published by Fulcrum Publishing, depicts the man who used the pseudonym Raoul Duke in his famous "Fear and Loathing," as a relentless researcher and a voracious reader. He viewed politics as both worthy and necessary to get things done, the book says, and he believed nothing could be accomplished without friends and allies.

"The Hunter I want people to understand is hardworking, righteous and a patriot — a bedrock patriot and loyal to his country and loyal to his friends," Anita Thompson said. Even his most savage political commentary was written in hopes of inspiring change: "He believed we were better than what we were electing." DAN ELLIOTT (AP)

Robots in Miniature

'Transformers' aren't nearly as impressive on the small screen

DVD | "Transformers" is a super-big, Earth-shaking blockbuster, one that makes the most impact when its robots rise up in a multiplex. So, how does it play on DVD?

If you have a decent-sized TV and a solid sound system, it makes the leap to the smaller screen fairly successfully. But watch it on a 27-

inch, non-high-definition set and the power of the effects fade, leaving the viewer with a taste of what the movie really is: an excuse to regenerate one of Hasbro's signature toy brands.

Of course, that won't stop the girls and boys who love those toys from enjoying the two-disc special edition DVD (\$36.99), which arrives today with multiple featurettes that reveal how Michael Bay and his team brought Optimus Prime, Megatron and the rest



What was a summer blockbuster deteriorates into a Hasbro ad on DVD.

to cinematic life. Roughly three hours' worth of featurettes take fans onto the sets — including the blistering hot White Sands in New Mexico — and inside the minds of the special effects gurus who did an impressive job of making those transformer transformations look 100 percent realistic.

Since this is a movie by Michael Bay — a filmmaker simultaneously known for his ability to generate revenue and hatred among some film lovers — the extras spend too much time gushing over how great and ground-breaking the movie is. A few times, they even inspire giggles. JEN CHANEY

(WASHINGTONPOST.COM)

Today's Top Stops

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DON'T HASSEL THE HOF BRAU Baywatch Babe



1 Rustico pays tribute to Germany's two favorite things — rich, frothy beer and David Hasselhoff — by combining them into

what promises to be a special event, Don't Hassel the Hof Brau. If you're interested in drinking Oktoberfest brews while rocking hard to Hasselhoff's tunes, this is certainly the place to be.

→ *Rustico*, 827 Slaters Lane, Alexandria; 6 p.m., free; 703-224-5051.



MAROON 5 Teen Heartthrobs

2 Ladies' man Adam Levine and Maroon 5 are on tour with their album "It Won't Be Soon Before Long." Check them out at the Verizon Center tonight; rumor has it that unlike many of his popster contemporaries, Levine can actually carry a tune live.

→ *Verizon Center*, 601 F St. NW; 7:30 p.m., \$40.50-\$50.50; 202-628-3200. (*Gallery Place-Chinatown*)

EXPERIENCE HENDRIX Iconic Skills

3 An all-star crew of musicians gathers at Constitution Hall tonight to pay tribute to legendary guitarist Jimi Hendrix. The lineup includes Buddy Guy, Robert Randolph and Kenny Wayne Shepard.

→ *Constitution Hall*, 1776 D St. NW; 8 p.m., \$65; 202-397-7328. (*Farragut West*)

WHAT'S HAPPENING?

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Entertainment



MUSIC INDUSTRY KING: Oscar-nominated actor Matt Dillon is in final negotiations to play Leonard Chess, the legendary co-founder of Chicago-based Chess Records. The film, titled "Cadillac Records," will be directed by Darnell Martin.

Endearingly Immature

Mike Birbiglia's CD of stand-up is clever and refreshingly goofy

CHUCKLES | Mike Birbiglia is like a little Muppet you'd want to keep in your pocket all day.

The Boston-bred comedian infuses his comedy routine with such an innocent playfulness that it's hard not to be at least a little charmed by his goofy brand of stand-up.

Birbiglia brandishes that impish charm on his second stand-up CD, "My Secret Public Journal." The new CD is a more story-oriented approach to comedy culled from his weekly blog of the same

name. Birbiglia sends the blog to 30,000 subscribers and reads it on the syndicated radio show "Bob and Tom."

The schtick of the album is that Birbiglia is recounting the most horrifying personal stories he can. It's all on the advice of his therapist, who suggested the idea of keeping a journal. His stories include the worst gig he ever performed at a celebrity golf tournament (where he was aghast to find out he was one of the celebrities to be paired with a donor golfer) and an awkward experience getting dissed on stage by a sportswriter at a large banquet.

Overall, "My Secret Public Journal" is an enjoyable listen. Birbi-



LAUGH FROM HOME: Enjoy Birbiglia's "My Secret Public Journal" without moving.

glia is so fundamentally likable and his stories succeed because he comes across as a lovable eccen-

tric. He's relatable — as if he's the wacky, stoner little brother of "The Office's" Jim Halpert.

In fact, Birbiglia's persona is almost child-like. He's got a detachment from the real world that gives him a unique voice. Hearing him describe his inability to figure out which outfit to wear for which occasion or his fantasies about French toast skis establish him as an amusing character.

Not all his stories are as good as the others, of course. One of his tales about returning a big screen TV he bought from an online superstore might make a fun story at a bar or over the watercooler, but it isn't necessarily high enough caliber to make it to a stage act. Additionally, some brief stabs at President Bush seem misplaced.

But in a stand-up world made of high-strung Dane Cooks and crass, clumsy Carlos Mencias, it's nice to see a comedian be humble and subdued. He's like your quirky cubicle-mate, only in an easily digestible, hour-long dose. **DAN MILLER** (EXPRESS)



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IS CHINA READY FOR THIS JELLY? According to her Web site, Beyoncé has added a tour date in Shanghai, China, to replace the one she canceled in Kuala Lumpur due to dress-code restrictions in the majority-Muslim Malaysia.

Entertainment

Sacred Roots of Rock

Slim Cessna's Auto Club is religious about its concerts

FAITH | Slim Cessna's Auto Club is the Gogol Bordello of country-gospel, roots-rock bar bands.

Like its manic Gypsy-rock brethren, the Auto Club genre jumps through loud, energetic and wry songs about God and Satan.

It's also known for being one of the best live bands in the world.

"Every [show] is different. Our shows can be spontaneous, and I like to think that we play each show as if it's an important event," said founder Slim Cessna. "We tend not to hold anything back, and we genuinely enjoy being with each other and creating something important. I think that live music, and music in general, can be a religious experience."

Religion isn't a taboo topic for

the band, a bit of an anomaly for bands that make their name playing in houses of whiskey and beer. Lyrics such as "Do you people know that Jesus is in my body? But my body's let me down" and "Pray the Lord to save your soul, now get the Holy Bible" are par for course; one tune features a mini-lesson on Roger Williams, founder of the first Baptist church in America.

"In the history of American music, there is that underlying tone [of religion]," Cessna said. "It's hard to separate that, so it ends up just happening in the songs. Even if I'm not writing a lot of the songs now — [bandmate Jay] Munley is — it's still part of the identity of the band."

"There are religious overtones in our lives, as well," Cessna said. "I would consider myself a struggling religious person, and some other guys would consider themselves religious, as well ... It's always hard for me not



COURTESY OF SLIM CESSNA'S AUTO CLUB

HAPPY MEDIUM: Slim Cessna's Auto Club plays to the secular without abandoning the religious. See the Colorado natives' acclaimed live show tonight at DC9.

to think about those things, even if I want to."

Sacred or secular, the band has

built a legion of converts during the past 14 years. And like most things connected with Slim Cessna's Auto

Club, there's a story behind the moniker, too.

"In Colorado [the band's original home], and out West, there's a culture of cars and car clubs, low riders and hot rods," Cessna continued. "We thought it was funny that we didn't have anything like that — we drove '76 Toyotas or Honda

Slim Cessna's Auto Club is known for being one of the best live bands in the world.

Civics. So, we made our own car club, just being the nerds that we were. Somehow, that stuck to the band. I don't hate it. It's just funny to me that it's meaningless." KATHERINE SILKAITIS (EXPRESS)

→ **DC9**, 1940 9th St. NW; with the Cassettes, 8 p.m., \$10; 202-483-5000. (U St.-Cardozo)

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MICHAEL CLAYTON (R) - ID REQ'D (120 150 415 445) 710 740
TYLER PERRY'S: WHY DID I GET MARRIED? (PG-13) (100 140) 1005 1035
WE OWN THE NIGHT (R) - ID REQ'D (1255 125 350 420) 655 725
ELIZABETH: THE GOLDEN AGE (PG-13) (1200 1240) 310 400 620 720 935 1020
OC & DA: THE SEEKER: THE DARK IS RISING (PG) (220) 950
FEEL THE NOISE (PG-13) (100) 435 745 1015
THE SEEKER: THE DARK IS RISING (PG) (1155) 500 725
THE HEARTBREAK KID (R) - ID REQ'D (1235) 425 715 1005
THE GAME PLAN (PG) (1245) 415 725 1000
THE KINGDOM (R) - ID REQ'D (120) 430 710 945
ASSASSINATION OF JESSE JAMES (R) - ID REQ'D (1150) 315 650
THE JANE AUSTEN BOOK CLUB (PG-13) (1220) 700
RESIDENT EVIL: EXTINCTION (R) - ID REQ'D (1215 235) 520 750
EASTERN PROMISES (R) - ID REQ'D (1210 250) 525 800 1030
3:10 TO YUMA (R) - ID REQ'D 330 930

BALLSTON COMMON STADIUM 12

Glebe Rd, Arlington 800-FANDANGO 377#

Adv. Tix on Sale RENDITION (R) - ID REQ'D ★
Adv. Tix on Sale 30 DAYS OF NIGHT (R) - ID REQ'D ★
TYLER PERRY'S: WHY DID I GET MARRIED? (PG-13) (140 435) 730 1025
MICHAEL CLAYTON (R) - ID REQ'D (120 150 415 445) 710 740
FEEL THE NOISE (PG-13) (305 530) 755 1015
THE SEEKER: THE DARK IS RISING (PG) (135 410) 650 925
FEAST OF LOVE (R) - ID REQ'D (205) 510
THE KINGDOM (R) - ID REQ'D (230 510) 750 1030
ASSASSINATION OF JESSE JAMES (R) - ID REQ'D (1250 425) 800
INTO THE WILD (R) - ID REQ'D (340) 700 1020
THE JANE AUSTEN BOOK CLUB (PG-13) (200 440) 720 1000
ACROSS THE UNIVERSE (PG-13) (155 505) 810
3:10 TO YUMA (R) - ID REQ'D (1255 345) 640 935
SUPERBAD (R) - ID REQ'D (450) 745 1040

BOWIE STADIUM 14

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Adv. Tix on Sale RENDITION (R) - ID REQ'D ★
Adv. Tix on Sale 30 DAYS OF NIGHT (R) - ID REQ'D ★
TYLER PERRY'S: WHY DID I GET MARRIED? (PG-13) (100 130) 215 415 445 515 715 745 815 1015 1045
WE OWN THE NIGHT (R) - ID REQ'D (200 500) 745 1030
MICHAEL CLAYTON (R) - ID REQ'D (115 430) 730 1015
ELIZABETH: THE GOLDEN AGE (PG-13) (115 400) 715 1000
THE GAME PLAN (PG) (145 230 415 500) 700 800 1000
FEEL THE NOISE (PG-13) (245 545) 815 1035
THE HEARTBREAK KID (R) - ID REQ'D (100 345) 645 945 1045
THE SEEKER: THE DARK IS RISING (PG) (200 445) 700
THE KINGDOM (R) - ID REQ'D (130 400) 730 1020
RESIDENT EVIL: EXTINCTION (R) - ID REQ'D (100 345) 645 915
THE BRAVE ONE (R) - ID REQ'D (145 430) 800 1040
RUSH HOUR 3 (PG-13) 915 PM

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Adv. Tix on Sale 30 DAYS OF NIGHT (R) - ID REQ'D ★
WE OWN THE NIGHT (R) - ID REQ'D (240 515) 800 1030
ELIZABETH: THE GOLDEN AGE (PG-13) (115 400) 715 950
TYLER PERRY'S: WHY DID I GET MARRIED? (PG-13) (100 140) 1005 1035
MICHAEL CLAYTON (R) - ID REQ'D (210 450) 730 1010
THE SEEKER: THE DARK IS RISING (PG) (200 420) 700
THE HEARTBREAK KID (R) - ID REQ'D (230 510) 745 1020
THE GAME PLAN (PG) (200 430) 700 930
THE KINGDOM (R) - ID REQ'D (220 450) 730 1000
GOOD LUCK CHUCK (R) - ID REQ'D 920 PM
EASTERN PROMISES (R) - ID REQ'D (100 320 540) 800 1020
THE BOURNE ULTIMATUM (PG-13) (215 500) 745 1020

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Adv. Tix on Sale 30 DAYS OF NIGHT (R) - ID REQ'D ★
MICHAEL CLAYTON (R) - ID REQ'D (120 150 415 445) 710 740
TYLER PERRY'S: WHY DID I GET MARRIED? (PG-13) (100 140) 1005 1035
WE OWN THE NIGHT (R) - ID REQ'D (1255 125 350 420) 655 725
ELIZABETH: THE GOLDEN AGE (PG-13) (130 425) 720 1010
FEEL THE NOISE (PG-13) (305 530) 820
THE HEARTBREAK KID (R) - ID REQ'D (200 355 455) 745 940 1040
OC & DA: THE SEEKER: THE DARK IS RISING (PG) (400) 900
THE SEEKER: THE DARK IS RISING (PG) (115) 630
THE GAME PLAN (PG) (135 420) 705 950
THE KINGDOM (R) - ID REQ'D (110 210 450) 650 735 1015
RESIDENT EVIL: EXTINCTION (R) - ID REQ'D (245 520) 755 1020
EASTERN PROMISES (R) - ID REQ'D (250 525) 800 1040
THE BRAVE ONE (R) - ID REQ'D (345) 930
THE BOURNE ULTIMATUM (PG-13) (1245) 640

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Adv. Tix on Sale RENDITION (R) - ID REQ'D ★
Adv. Tix on Sale 30 DAYS OF NIGHT (R) - ID REQ'D ★
FINAL SEASON (PG) (220 500) 745 1035
TYLER PERRY'S: WHY DID I GET MARRIED? (PG-13) (1200 150) 250 450 550 750 850 1040
ELIZABETH: THE GOLDEN AGE (PG-13) (120 420) 720 1020
WE OWN THE NIGHT (R) - ID REQ'D (1145 130 230 430 530) 730
OC & DA: THE SEEKER: THE DARK IS RISING (PG) (330) 810
MICHAEL CLAYTON (R) - ID REQ'D (1130 110 210 410 510) 710
FEEL THE NOISE (PG-13) (100 345) 640 920
THE SEEKER: THE DARK IS RISING (PG) (1230) 810
THE HEARTBREAK KID (R) - ID REQ'D (140 240 440 540) 740 940
THE GAME PLAN (PG) (1245 145 315 415) 615 715 900 950
THE KINGDOM (R) - ID REQ'D (1250 350) 705 1000
THE JANE AUSTEN BOOK CLUB (PG-13) (200) PM
RESIDENT EVIL: EXTINCTION (R) - ID REQ'D (1220 300 520) 800
GOOD LUCK CHUCK (R) - ID REQ'D (445) 725 1015
ACROSS THE UNIVERSE (PG-13) (1210 320) 620 930
EASTERN PROMISES (R) - ID REQ'D (115) 945
3:10 TO YUMA (R) - ID REQ'D (400) 700
THE BOURNE ULTIMATUM (PG-13) (1240 340) 650 940

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Adv. Tix on Sale 30 DAYS OF NIGHT (R) - ID REQ'D ★
WE OWN THE NIGHT (R) - ID REQ'D (130 430) 730 1020
MICHAEL CLAYTON (R) - ID REQ'D (120 420) 720 1000
TYLER PERRY'S: WHY DID I GET MARRIED? (PG-13) (100 145) 400 445 700 745 945 1030
ELIZABETH: THE GOLDEN AGE (PG-13) (115 415) 715 1000
THE HEARTBREAK KID (R) - ID REQ'D (200 500) 805 1035
FEEL THE NOISE (PG-13) (1250 350 515) 730 940
THE GAME PLAN - DIGITAL PROJECTION (PG) (110 410) 710 950
THE KINGDOM (R) - ID REQ'D (145 440) 745 1035
EASTERN PROMISES (R) - ID REQ'D 940 PM
ACROSS THE UNIVERSE (PG-13) (1255 355) 650 955
RESIDENT EVIL: EXTINCTION (R) - ID REQ'D (1245 300 515) 800
THE SEEKER: THE DARK IS RISING (PG) (100 400) 700

FAIRFAX TOWNE CENTER 10

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DARJEELING LIMITED (R) - ID REQ'D (120 200 340 420) 650 730 920 1000
THE GAME PLAN (PG) (150 440) 740 1020
THE HEARTBREAK KID (R) - ID REQ'D (100 140 350 430) 645 720 930 1010
FEEL THE NOISE (PG-13) (145 425) 725 950
INTO THE WILD (R) - ID REQ'D (105 420) 750
THE JANE AUSTEN BOOK CLUB (PG-13) (130 405) 735 1005
RESIDENT EVIL: EXTINCTION (R) - ID REQ'D (125 345) 705 935

GERMANTOWN STADIUM 14

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Adv. Tix on Sale RENDITION (R) - ID REQ'D ★
Adv. Tix on Sale 30 DAYS OF NIGHT (R) - ID REQ'D ★
MICHAEL CLAYTON (R) - ID REQ'D (130 430) 730 1030
WE OWN THE NIGHT (R) - ID REQ'D (130 430) 730 1030
TYLER PERRY'S: WHY DID I GET MARRIED? (PG-13) (115 200) 415 500 715 800 1015 1045
ELIZABETH: THE GOLDEN AGE (PG-13) (115 415) 715 1015
THE HEARTBREAK KID (R) - ID REQ'D (215 410 515) 710 800 1010
THE SEEKER: THE DARK IS RISING (PG) (110) 710
OC & DA: THE SEEKER: THE DARK IS RISING (PG) (410) 945
THE GAME PLAN (PG) (100 200 400 500) 700 745 1000 1040
THE JANE AUSTEN BOOK CLUB (PG-13) (145 445) 745 1020
RESIDENT EVIL: EXTINCTION (R) - ID REQ'D (120) PM
ACROSS THE UNIVERSE (PG-13) (150 450) 750 1040
THE BRAVE ONE (R) - ID REQ'D (100 420) 720 1020
THE BOURNE ULTIMATUM (PG-13) (110) 950 (400) 700

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Adv. Tix on Sale 30 DAYS OF NIGHT (R) - ID REQ'D ★
TYLER PERRY'S: WHY DID I GET MARRIED? (PG-13) (100 200) 345 445 645 745 930 1030
ELIZABETH: THE GOLDEN AGE (PG-13) (130 415) 700 945
WE OWN THE NIGHT (R) - ID REQ'D (130 415) 715 1000
MICHAEL CLAYTON (R) - ID REQ'D (145 430) 730 1015
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THE HEARTBREAK KID (R) - ID REQ'D (100 200 445) 630 730 1015
FEAST OF LOVE (R) - ID REQ'D (400) PM
THE GAME PLAN (PG) (145 430) 715 1000
THE KINGDOM (R) - ID REQ'D (215 500) 800 1030
THE JANE AUSTEN BOOK CLUB (PG-13) (215 500) 745 1020
EASTERN PROMISES (R) - ID REQ'D (230 515) 805 1025
THE BRAVE ONE (R) - ID REQ'D (115) 645 930
3:10 TO YUMA (R) - ID REQ'D (115 400) 700 945
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WE OWN THE NIGHT (R) - ID REQ'D (1225 325) 730 1015
TYLER PERRY'S: WHY DID I GET MARRIED? (PG-13) (1210 1240) 310 340 640 720 935 1010
ELIZABETH: THE GOLDEN AGE (PG-13) (110 405) 715 955
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GOOD LUCK CHUCK (R) - ID REQ'D (410) 755 1025
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ELIZABETH: THE GOLDEN AGE (PG13) ✓ 2:10, 5:10, 8:10
THE FINAL SEASON (PG) 1:50, 4:45, 7:50, 10:35
MICHAEL CLAYTON (R) ✓ 1:40, 3:20, 4:40, 6:20, 7:40, 9:20, 10:40
TYLER PERRY'S WHY DID I GET MARRIED? (PG13) ✓ 2:00, 3:40, 5:00, 6:40, 8:00, 9:40, 10:45
WE OWN THE NIGHT (R) ✓ 2:20, 3:00, 5:20, 6:00, 8:20, 9:00
FEEL THE NOISE (PG13) 1:10, 3:50, 4:50, 6:50, 7:30, 9:10, 10:10
THE HEARTBREAK KID (R) 2:30, 3:30, 5:30, 6:30, 8:30, 9:30
THE HEARTBREAK KID (R) 3:30, 6:30, 9:30
THE SEEKER: THE DARK IS RISING (PG) 1:45, 4:30, 7:05, 9:45
THE GAME PLAN (PG) 1:20, 4:00, 7:00, 10:00
THE KINGDOM (R) 1:00, 2:50, 4:20, 5:50, 7:20, 8:50, 10:20
GOOD LUCK CHUCK (R) 4:10
RESIDENT EVIL: EXTINCTION (R) 2:05, 4:55, 7:45, 10:15
THE BRAVE ONE (R) 1:05, 7:10, 10:30

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ACROSS THE UNIVERSE (PG13) 3:10, 6:15, 9:35
INTO THE WILD (R) 2:35, 6:10, 9:50
THE JANE AUSTEN BOOK CLUB (PG13) 1:30
EASTERN PROMISES (R) 2:45, 5:25, 8:05, 10:45

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ELIZABETH: THE GOLDEN AGE (PG13) ✓ 2:10, 5:00, 7:35
THE FINAL SEASON (PG) 2:20, 5:20, 7:55
WE OWN THE NIGHT (R) ✓ 2:00, 4:50, 7:50
THE HEARTBREAK KID (R) 2:05, 3:00, 4:40, 5:30, 7:20, 8:10
THE GAME PLAN (PG) 2:30, 5:10, 7:40
THE BRAVE ONE (R) 7:30
THE BOURNE ULTIMATUM (PG13) 4:00
EASTERN PROMISES (R) 3:10, 5:40, 8:00

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MICHAEL CLAYTON (R) 1:25, 4:25, 7:05, 9:55
TYLER PERRY'S WHY DID I GET MARRIED? (PG13) 12:15, 1:15, 3:15, 4:15, 6:15, 7:15, 9:15, 10:15
WE OWN THE NIGHT (R) 1:05, 4:05, 7:00, 9:50
FEEL THE NOISE (PG13) 12:05, 12:35, 2:15, 3:05, 4:30, 5:30, 7:10, 8:00, 9:25, 10:20
THE HEARTBREAK KID (R) 1:20, 4:10, 7:25, 10:10
THE SEEKER: THE DARK IS RISING (PG) 1:45, 4:20, 6:45, 9:10
THE GAME PLAN (PG) 12:00, 2:30, 5:00, 7:30, 10:05
THE KINGDOM (R) 12:40, 1:35, 3:35, 4:35, 6:35, 7:35, 9:35, 10:00
RESIDENT EVIL: EXTINCTION (R) 12:45, 3:00, 5:15, 7:45, 10:20

LOEWS SHIRLINGTON 7

2772 South Randolph
703-671-0910 801

THE ASSASSINATION OF JESSE JAMES BY THE COWARD ROBERT FORD (R) 2:00, 5:00, 8:00
THE DARJEELING LIMITED (R) 1:30, 2:10, 3:50, 4:30, 7:00, 7:30, 9:00
INTO THE WILD (R) 1:50, 4:20, 4:50, 7:50
THE JANE AUSTEN BOOK CLUB (PG13) 1:40, 4:10, 7:10
LUST, CAUTION (NC-17) 2:00, 5:10, 8:10
DEATH AT A FUNERAL (R) 2:20, 7:20

LOEWS WHITE FLINT 5

North Bethesda
1-800-FANDANGO #741

ELIZABETH: THE GOLDEN AGE (PG13) 2:00, 4:35, 7:15
MICHAEL CLAYTON (R) 1:40, 4:15, 7:00
WE OWN THE NIGHT (R) 1:50, 4:25, 7:05
THE HEARTBREAK KID (R) 1:45, 4:30, 7:10
THE KINGDOM (R) 1:55, 4:20, 7:05

AMC COLUMBIA MALL 14
10300 Patuxent Parkway
703-998-4AMC

PRESENTED IN DIGITAL PROJECTION

THE BRAVE ONE (R) 12:25, 3:25, 6:30, 9:20
ELIZABETH: THE GOLDEN AGE (PG13) 1:50, 4:40, 7:25, 10:05
ELIZABETH: THE GOLDEN AGE (PG13) 1:50, 4:40, 7:25, 10:05
MICHAEL CLAYTON (R) 1:30, 4:20, 7:10, 10:00
TYLER PERRY'S WHY DID I GET MARRIED? (PG13) 1:40, 4:30, 6:10, 7:20, 9:00, 10:10
WE OWN THE NIGHT (R) 1:20, 4:10, 7:00, 9:50
FEEL THE NOISE (PG13) 2:50, 5:10, 7:30, 9:40
THE HEARTBREAK KID (R) 1:35, 4:15, 6:55, 9:35
THE SEEKER: THE DARK IS RISING (PG) 2:00, 4:25, 6:45, 9:05
THE GAME PLAN (PG) 1:05, 3:50, 6:30, 9:10
THE KINGDOM (R) 1:25, 4:05, 6:40, 9:15
GOOD LUCK CHUCK (R) 5:50, 10:15
RESIDENT EVIL: EXTINCTION (R) 2:20, 4:45, 7:05, 9:25
SYDNEY WHITE (PG13) 1:10, 3:40
MR. WOODCOCK (PG13) 3:45, 8:05

AMC SELECT

ACROSS THE UNIVERSE (PG13) 1:00, 3:55, 6:50, 9:45
THE JANE AUSTEN BOOK CLUB (PG13) 1:15

AMC SPRINGFIELD MALL 10

Loisdale and Franconia Road
703-971-3991

ELIZABETH: THE GOLDEN AGE (PG13) ✓ 4:50, 7:40
MICHAEL CLAYTON (R) ✓ 2:00, 4:45, 7:45
TYLER PERRY'S WHY DID I GET MARRIED? (PG13) ✓ 1:30, 4:15, 7:20
WE OWN THE NIGHT (R) ✓ 1:15, 4:00, 7:00, 9:40
FEEL THE NOISE (PG13) 5:30, 8:00
THE HEARTBREAK KID (R) 5:00, 7:50
THE SEEKER: THE DARK IS RISING (PG) 4:30, 7:00
THE GAME PLAN (PG) 1:00, 4:30, 7:15
THE KINGDOM (R) 4:40, 7:30
RESIDENT EVIL: EXTINCTION (R) 4:45, 7:15

LOEWS RIO CINEMAS 18

9811 Washingtonian Boulevard
301-948-0906

PRESENTED IN DIGITAL PROJECTION

THE GAME PLAN (PG) 2:00, 4:35, 7:10, 9:50
ELIZABETH: THE GOLDEN AGE (PG13) ✓ 1:40, 4:20, 7:20, 10:10
THE FINAL SEASON (PG) 1:55, 4:55, 7:40, 10:25
MICHAEL CLAYTON (R) ✓ 1:00, 2:30, 4:00, 5:30, 7:00, 8:20, 10:00
MICHAEL CLAYTON (R) 1:00, 2:30, 4:00, 5:30, 7:00, 8:20, 10:00
TYLER PERRY'S WHY DID I GET MARRIED? (PG13) ✓ 2:00, 4:45, 7:45, 10:35
WE OWN THE NIGHT (R) ✓ 1:45, 4:30, 7:30, 10:15
FEEL THE NOISE (PG13) 2:20, 4:20, 7:40, 9:40
THE HEARTBREAK KID (R) 1:15, 2:45, 4:15, 5:45, 7:15, 8:30, 10:05
THE SEEKER: THE DARK IS RISING (PG) 2:05, 4:25, 7:25
THE GAME PLAN (PG) 1:05, 3:40
THE KINGDOM (R) 2:10, 5:10, 7:50, 10:30
GOOD LUCK CHUCK (R) 10:20 PM
RESIDENT EVIL: EXTINCTION (R) 2:40, 5:20, 7:40, 10:00
SYDNEY WHITE (PG13) 2:15, 5:00

LOEWS GEORGETOWN 14

3111 K Street, N.W.
202-342-6441

PRESENTED IN DIGITAL PROJECTION

THE HEARTBREAK KID (R) 2:50, 5:40, 8:30
ELIZABETH: THE GOLDEN AGE (PG13) ✓ 2:05, 4:55, 7:45, 10:10
MICHAEL CLAYTON (R) 1:30, 4:20, 7:15, 8:15, 10:10
TYLER PERRY'S WHY DID I GET MARRIED? (PG13) ✓ 1:55, 4:45, 7:35, 10:25
WE OWN THE NIGHT (R) ✓ 1:25, 4:10, 7:00, 9:50
THE HEARTBREAK KID (R) 1:40, 4:30, 7:20, 10:15
THE HEARTBREAK KID (R) 1:40, 4:30, 7:20, 10:15
THE SEEKER: THE DARK IS RISING (PG) 1:00, 3:30, 6:00
THE GAME PLAN (PG) 3:00, 5:30, 8:10, 10:30
THE KINGDOM (R) 1:20, 4:00, 6:45, 9:30
ACROSS THE UNIVERSE (PG13) 1:05, 4:05, 7:10, 10:20
THE DARJEELING LIMITED (R) 2:45, 5:05, 7:30, 10:00
INTO THE WILD (R) 1:10, 4:35, 8:00
THE JANE AUSTEN BOOK CLUB (PG13) 2:10, 5:00, 7:25, 10:20
EASTERN PROMISES (R) 2:35, 5:25, 7:55, 10:30

AMC SELECT

ACROSS THE UNIVERSE (PG13) 1:05, 4:05, 7:10, 10:20
THE DARJEELING LIMITED (R) 2:45, 5:05, 7:30, 10:00
INTO THE WILD (R) 1:10, 4:35, 8:00
THE JANE AUSTEN BOOK CLUB (PG13) 2:10, 5:00, 7:25, 10:20
EASTERN PROMISES (R) 2:35, 5:25, 7:55, 10:30

AMC POTOMAC MILLS 18
2700 Potomac Mills Circle, Ste 886
703-998-4262

PRESENTED IN DIGITAL PROJECTION

THE GAME PLAN (PG) 1:50, 4:45, 7:20, 10:00
ELIZABETH: THE GOLDEN AGE (PG13) ✓ 1:30, 4:20, 7:00, 9:45
ELIZABETH: THE GOLDEN AGE (PG13) 1:30, 4:20, 7:00, 9:45
THE FINAL SEASON (PG) 1:20, 4:15, 7:05, 9:50
MICHAEL CLAYTON (R) ✓ 1:25, 4:25, 7:15, 10:05
TYLER PERRY'S WHY DID I GET MARRIED? (PG13) ✓ 1:05, 1:40, 3:50, 4:40, 6:30, 7:30, 9:25, 10:15
WE OWN THE NIGHT (R) ✓ 1:55, 4:55, 7:40, 10:20
FEEL THE NOISE (PG13) 2:10, 4:30, 6:45, 7:50, 9:15, 10:05
THE HEARTBREAK KID (R) 1:10, 2:00, 4:50, 6:55, 7:35, 9:40, 10:15
THE SEEKER: THE DARK IS RISING (PG) 1:45, 4:10, 6:40, 9:20
THE GAME PLAN (PG) 3:35, 6:20, 9:10
THE KINGDOM (R) 1:15, 2:25, 4:00, 5:05, 6:50, 7:45, 9:35, 10:20
GOOD LUCK CHUCK (R) 2:05, 7:25
RESIDENT EVIL: EXTINCTION (R) 3:10, 5:30, 7:50, 10:10
THE BRAVE ONE (R) 4:35, 9:55
3:10 TO YUMA (R) 4:05

AMC SELECT

ACROSS THE UNIVERSE (PG13) 1:00, 3:55, 7:10, 10:10
THE JANE AUSTEN BOOK CLUB (PG13) 2:15, 5:00

AMC TYSONS CORNER 16
7850 Tysons Corner Center
703-998-4262

PRESENTED IN DIGITAL PROJECTION

3:10 TO YUMA (R) 2:15, 5:15, 8:00, 10:35
ELIZABETH: THE GOLDEN AGE (PG13) ✓ 1:40, 4:35, 7:20, 10:10
MICHAEL CLAYTON (R) ✓ 1:55, 5:00, 7:55, 10:40
TYLER PERRY'S WHY DID I GET MARRIED? (PG13) ✓ 1:50, 4:50, 7:45, 10:25
WE OWN THE NIGHT (R) ✓ 2:10, 5:10, 8:05, 10:45
FEEL THE NOISE (PG13) 1:10, 5:50, 10:15
THE HEARTBREAK KID (R) 1:45, 2:50, 4:25, 5:25, 7:05, 8:00, 9:45, 10:35
THE SEEKER: THE DARK IS RISING (PG) 2:05, 4:55, 7:25, 9:40
THE GAME PLAN (PG) 1:35, 4:20, 7:10, 9:55
THE KINGDOM (R) 3:10, 5:45, 7:15, 8:10, 10:05, 10:45
THE KINGDOM (R) 3:10, 5:45, 7:15, 8:10, 10:45
RESIDENT EVIL: EXTINCTION (R) 3:35, 8:00
SYDNEY WHITE (PG13) 1:55, 4:45

AMC SELECT

ACROSS THE UNIVERSE (PG13) 1:05, 4:00, 7:00, 10:00
THE DARJEELING LIMITED (R) ✓ 1:00, 3:25, 5:35, 7:50, 10:20
EASTERN PROMISES (R) 1:30, 4:30, 7:05, 9:45

AMC MAZZA GALLERIE

Jenifer and Wisconsin
202-537-9553

ELIZABETH: THE GOLDEN AGE (PG13) ✓ 2:15, 4:50, 7:30
MICHAEL CLAYTON (R) ✓ 2:25, 5:10, 8:00
TYLER PERRY'S WHY DID I GET MARRIED? (PG13) ✓ 2:30, 5:15, 7:55
WE OWN THE NIGHT (R) ✓ 2:20, 5:00, 7:40
THE HEARTBREAK KID (R) 2:10, 4:45
THE SEEKER: THE DARK IS RISING (PG) ✓ 2:05, 4:35
THE GAME PLAN (PG) 2:00, 4:30, 7:20
THE BRAVE ONE (R) 7:05

LOEWS DUPONT 5

1350 19th St.
1-800-FANDANGO #711

ELIZABETH: THE GOLDEN AGE (PG13) 4:45, 7:30
MICHAEL CLAYTON (R) 4:15, 7:00
THE KINGDOM (R) 5:00, 7:45
THE BRAVE ONE (R) 4:30, 7:15
THE BOURNE ULTIMATUM (PG13) 5:15, 8:00

LOEWS UPTOWN 1

3426 Connecticut Avenue N.W.
1-800-FANDANGO #713

THE KINGDOM (R) 2:30, 5:15, 8:00

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TheAlexander.com



Artist: Malavika Sarukkai Photographed by Satyajit

Use coupon code **WP**
for \$5 off orchestra
tickets (till 10-22-07).

Experience the Movement: Dakshina/Daniel Phoenix Singh Dance Company Celebrates India's 60 years of Independence

Thursday October 25 6:40 pm, **Panel Discussion** on the Role of Indian Arts and Culture in a Global Age with **Malavika Sarukkai**, **Hari Krishnan** and **Uttara Coorlawala**. 1619 Mass. Ave, NW. **FREE**, RSVP to rsvp@dakshina.org. With Asia Society and Rama and Arun Deva.

Friday October 26 7:30 pm, **Malavika Sarukkai** performs a Bharata Natyam program titled **KALA-Time**. Lincoln Theatre, 1215 U Street NW. Green Line Cardozo Stop. Co-sponsored by Dance Place. Use code **WP** for \$5 off orchestra tickets (till 10-22-07).

Saturday October 27 7:30 pm, **Anita Ratnam** performs a Neo Natyam program titled **About Her**. Lincoln Theatre, 1215 U Street NW. Green Line Cardozo Stop. Co-sponsored by Dance Place. Use code **WP** for \$5 off orchestra tickets (till 10-22-07).

Sunday October 28 4:00 pm, **Hari Krishnan** and **INdance Company** perform a mixed Bharata Natyam and modern dance program. Lincoln Theatre, 1215 U Street NW. Green Line Cardozo Stop. Co-sponsored by Dance Place. Program details are available online at www.dakshina.org. Use code **WP** for \$5 off orchestra tickets (till 10-22-07).

info@dakshina.org | www.dakshina.org | 202-247-1292

✓-SPECIAL ENGAGEMENT No passes or discount coupons



To Dubya's Right

PBS looks into the politics of the nation's second in command

VICE | "Frontline" (10 p.m., PBS) enters a new season with "Cheney's Law," a look at Vice President Dick Cheney's decades-long concern with the erosion of presidential powers during the Vietnam-Watergate era and his efforts to reassert those powers over the past six years.

“Law” contains extensive interviews with two Justice Department lawyers who were once rising stars in conservative legal circles. In the hours and days following the attacks of Sept.



CONTROVERSIAL FIGURE: “Frontline” starts its season with “Cheney’s Law.”

11, John Yoo drafted memoranda that gave the president unprecedented wartime powers. "Frontline" portrays Yoo as very much under the influence of the vice president's office and Cheney's lawyer Richard Addington.

Yoo continues to defend his philosophy and argues that critics have not yet come up with alternatives that would protect the country against possible terrorists. But when his friend, colleague and fellow conservative legal scholar Jack L. Goldsmith replaced Yoo in the White House's Office of Legal Counsel, he was shocked at Yoo's legal handiwork. He felt that the Cheney-Addington-Yoo philosophy of unfettered presidential power was legally flawed and indefensible under the Constitution. KEVIN MCDONOUGH
(UNITED FEATURE SYNDICATE)

OSCAR-GRABBER

Los Angeles citizens mingle uneasily after a random accident in the 2004 drama **CRASH** (8 p.m., FX), starring Sandra Bullock, Don Cheadle, Matt Dillon, Larenz Tate and Ludacris.

TRUCE?

Sam receives a white dove on **REAPER**
(9 p.m., CW).

MIDLIFE CRISIS?

Denny's pal has a big announcement on **BOSTON LEGAL** (10 p.m., ABC).

TOUGH CASE

The only eyewitness to a brutal attack is the victim's mentally challenged daughter on **LAW & ORDER: SPECIAL VICTIMS UNIT** (10 p.m., NBC).

FISH STICK SASHIMI

Intrepid chefs shift gears from



CONFRONTING BIGOTRY: Larenz Tate and Ludacris in the drama "Crash."

sushi snobs to a child's birthday party on **TWO DUDES CATERING** (10:30 p.m., Food).

BREAK A SWEAT!

Richard Simmons and Casey Affleck appear on **LATE SHOW WITH DAVID LETTERMAN** (11:35 p.m., CBS). KEVIN MCDONOUGH (UNITED FEATURE SYNDICATE)

| 10.16.07 | | 6:00 PM | | 6:30 | | 7:00 | | 7:30 | | 8:00 | | 8:30 | | 9:00 | | 9:30 | | 10:00 | | 10:30 | | 11:00 | | 11:30 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| LOCAL CHANNELS | WRC | (4) | News (N) | | | NBC Nightly News | | Access Hollywood | | Matt Lauer Reports (N) | | | | The Biggest Loser (N) | | | | Law & Order: Special Victims Unit (N) | | | | News (N) | | Tonight Show | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | WTTG | (5) | News (N) | TMZ (N) | | The Simpsons | | Seinfeld | | MLB Baseball American League Championship Series Game 4 -- Boston Red Sox at Cleveland Indians. (S Live) | | | | | | | | News (N) | | TMZ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | WJLA | (7) | News (N) | ABC Wld News | | Wheel of Fortune | | Jeopardy! (N) | | Cavemen (N) | | Carpoolers (N) | | Dancing With the Stars (S Live) | | | | (:02) Boston Legal "Do Tell" (N) | | News (N) | | (:35) Nightline (N) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | WUSA | (9) | News (N) | Evening News | | News | | Entertainment | | NCIS "Identity Crisis" (N) | | | | The Unit "Every Step You Take" (N) | | | | Cane "Family Business" (N) | | News (N) | | Late Show | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | WDCA | (20) | Judge Judy (N) | Judge Joe Brown | | King of Queens | | King of Queens | | The Academy (N) | | | | Jail (N) | | Jail | | News (N) | | King of the Hill | | Law & Order: Criminal Intent | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | WMPT | (22) | The NewsHour With Jim Lehrer (N) | | Business Rpt. | | Outdoors MD | | Nova "The Ghost in Your Genes" (N) | | | | Frontline "Cheney's Law" (N) | | | | The History Project | | (DVS) Travels-Edge | | Smart Travels | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | WETA | (26) | BBC World News | | Business Rpt. | | The NewsHour With Jim Lehrer (N) | | Nova "The Ghost in Your Genes" (N) | | | | Supernatural Science | | | | Frontline "Cheney's Law" (N) | | Charlie Rose (N) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | WHUT | (32) | World Business | | Tavis Smiley | | BBC World News | | Moneywise | | Mystery! | | | | (DVS) Government Girls of World War II | | BBC World News | | Tavis Smiley | | Charlie Rose (N) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| WDCW | (50) | My Wife and Kids | | Family Guy | | Two/Half Men | | Friends | | Beauty and the Geek (N) | | | | Reaper "Magic" (N) | | | | Family Guy | | Friends | | Two/Half Men | | Sex and the City | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| BASIC CABLE | A&E | Cold Case Files | | | | CSI: Miami "Breathless" | | | | Dog the Bounty Hunter Dog's past. | | | | Bounty Hunter | | Bounty Hunter | | Criss Angel | | Criss Angel | | Criss Angel | | Criss Angel | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Animal | The Crocodile Hunter | | | | Real Spiderman | | | | Year on Earth | | | | Little Zoo That Could | | | | Animal Precinct "Healing Wounds" | | Real Spiderman | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | BET | 106 & Park: BET's Top 10 Live | | | | Hell Date | | | | Sunday Best (N) | | | | Exalted "Bishop Kenneth C. Ulmer" | | | | Movie Special (N) | | Girlfriends | | Take the Cake (Live) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Bravo | Kathy Griffin: My Life on the D-List | | | | Kathy Griffin: My Life on the D-List | | | | Kathy Griffin: My Life on the D-List | | | | Queer Eye "Ronnie B." (N) | | Queer Eye | | | | Real Housewives | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Comedy | (5:00) "Relative Strangers" (2006) | | | | Scrubs | | | | Scrubs | | | | Daily Show | | Colbert Report | | Mind of Mencia | | South Park | | Brian Regan: Standing Up | | Daily Show | | Colbert Report | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Court | World's Wildest Police Videos | | | | Cops | | | | Cops | | | | Cops | | Cops | | World's Scariest Police Chases 6 | | Hot Pursuit | | Hot Pursuit (N) | | The Investigators (N) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Discovery | How It's Made | | | | How It's Made | | | | Futureweapons High-tech weapons. | | | | Dirty Jobs "Salt Miner" Salt mining. | | Dirty Jobs "Chick Sexer" | | Last One Standing | | | | | | Dirty Jobs Surfboard-shaping; sludge. | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | DISCH | Code Blue "Free and Easy" | | | | Trauma: Life in the ER | | | | Multiple Miracles | | | | Multiple Miracles | | Double Identical Twins | | Sextuplets and Twins | | | | | | Multiple Miracles | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Disney | Cory in the House | | Cory in the House | | Hannah Montana | | Zack & Cody | | ★★ "Casper Meets Wendy" (1998, Fantasy) Shelley Duvall, Hilary Duff. | | | | | | | | That's So Raven | | Life With Derek | | Zack & Cody | | Hannah Montana | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | E! | Curse of the Poltergeist: THS | | | | E! News (N) | | | | The Daily 10 (N) | | | | 20 Acts of Love Gone Wrong Strange tales of love. | | | | Girl Next Door | | Kimora: Fab | | E! News | | Chelsea Lately | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | FX | (5:30) ★★ "Maid in Manhattan" (2002) Jennifer Lopez. | | | | ★★★ "Crash" (2004) Sandra Bullock. Racial tensions collide among Los Angeles residents. | | | | | | | | | | | | Damages (N) | | | | (:05) Damages | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | HGTV | Small Space | | If Walls Could | | House Worth? | | House Hunters | | Designed to Sell | | My Kitchen | | Decorating Cents | | 24 Hour Design | | House Hunters | | Secrets That Sell | | House Worth? | | Hidden Potential | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Family | 8 Simple Rules | | 8 Simple Rules | | Grounded for Life | | Grounded for Life | | Lincoln Heights "No Way Back" (N) | | | | America's Funniest Home Videos | | | | America's Funniest Home Videos | | | | The 700 Club | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | History | The Color of War "Dressed to Kill" | | | | Modern Marvels: Civil War Tech | | | | Modern Marvels: Sticky Stuff | | | | Mega Disasters "Alien Infection" (N) | | | | The Universe "The Moon" | | | | Modern Marvels: High Tech Sex | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Lifetime | Reba | | Reba | | Still Standing | | Still Standing | | Reba | | Reba "Issues" | | Lisa Williams: Life Among the Dead | | | | America's Psychic Challenge | | | | Will & Grace | | Will & Grace | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | MTV | Pageant Place | | Life of Ryan | | The Real World | | The Real World | | The Hills | | The Hills | | A Shot of Love With Tila Tequila | | (N) | | A Shot of Love With Tila Tequila (N) | | | | The Real World | | The Real World | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | NICK | Zoey 101 | | Ned's School | | Ned's School | | Drake & Josh | | SpongeBob | | Drake & Josh | | Home Improve. | | Home Improve. | | George Lopez | | George Lopez | | Fresh Prince | | Fresh Prince | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| SCI FI | Stargate SG-1 "Space Race" | | | | Dead Like Me "Sunday Mornings" | | | | Eureka "Family Reunion" | | | | Eureka "Maneater" | | | | ECW Champion CM Punk stars. (Live) | | | | Flash Gordon "'Til Death" | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| SPIKE | CSI: Crime Scene Investigation | | | | CSI: Crime Scene Investigation | | | | CSI: Crime Scene Investigation | | | | CSI: Crime Scene Investigation | | CSI: Crime Scene Investigation | | CSI: Crime Scene Investigation | | UFC 77 Countdown (N) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| TBS | Friends | | Every-Raymond | | Every-Raymond | | Every-Raymond | | Family Guy | | Family Guy | | Family Guy | | Family Guy | | The Office | | The Office | | House of Payne | | House of Payne | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| TLC | Flip That House | | Flip That House | | Flip That House Partners team up. | | | | Really Reckless Drivers (N) | | | | LA Ink Kat meets a man. | | | | LA Ink Hannah's daughter visits. (N) | | | | LA Ink Hannah's daughter visits. | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| TNT | Golf: PGA Grand Slam | | | | Law & Order "Melting Pot" | | | | Cold Case "Debut" | | | | Cold Case "Dog Day Afternoons" | | | | Cold Case "Sanctuary" | | | | Cold Case "One Night" | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| USA | Law & Order: Special Victims Unit | | | | Law & Order: Criminal Intent | | | | Law & Order: Special Victims Unit | | | | Law & Order: Special Victims Unit | | | | ★★★ "Face/Off" (1997, Action) John Travolta, Nicolas Cage. | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| VH1 | Fabulous Life Of... | | I Love New York | | Gotti's Way | | | | Hogan Knows | | Hogan Knows | | Salt N Pepa | | America's Most Smartest Model | | | | | | America's Most Smartest Model | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| SPAN | TELEM | Daniela | | Noti-Telemndo | | 12 Corazones | | | | Madre Luna | | | | La Esclava Isaura | | | | Pecados Ajenos | | Noti-Telemndo | | Decisiones de | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | UNIV | Que Locura | | Noticiero Univ | | Yo Amo a Juan Querendón (N) | | | | Amar sin Limites (N) | | | | Destilando Amor (N) | | | | S.O.S. Sexo y Otros Secretos | | Primer Impacto | | Noticiero Univ. | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| SPORTS | ESPN | SportsCenter (Live) | | | | E:60 (Premiere) | | | | 2007 World Series of Poker (Taped) | | | | 2007 World Series of Poker (Taped) | | | | The Contender (N) | | | | SportsCenter (Live) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | ESPN2 | NASCAR Now | | Football Live | | NFL Live | | Baseball Tonight | | NFL's Greatest Game | | | | NFL's Greatest Game | | | | | | | | Madden Nation | | Madden Nation | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | CSN | SportsNite | | SportsNite | | College Football Virginia Tech at Duke. (Taped) | | | | | | | | | | | | SportsNite (Live) | | | | Washington Post Live | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| NEWS | CNN | Lou Dobbs Tonight | | | | The Situation Room | | | | Out in the Open | | | | Larry King Live | | | | Anderson Cooper 360 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | FNC | Special Report | | | | | | | | The Fox Report With Shepard Smith | | | | The O'Reilly Factor | | | | On the Record-Van Susteren | | | | The O'Reilly Factor | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | MSNBC | Tucker | | | | Hardball | | | | | | | | Countdown With Keith Olbermann | | | | Live With Dan Abrams | | | | Why They Run | | Why They Run | | The Runaways "Jacksonville" | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| MOVIES | AMC | ★ "Catwoman" (2004, Action) Halle Berry, Benjamin Bratt. 'PG-13' | | | | | | | | | | ★★★ "The Last of the Mohicans" (1992, Adventure) Daniel Day-Lewis, Madeleine Stowe. 'R' | | | | | | | | | | ★★★ "High Plains Drifter" (1973) Clint Eastwood. 'R' | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | TCM | (5:30) ★★ ★ "Alexander the Great" (1956, Biography) Richard Burton. 'NR' | | | | | | | | | | ★★★ "The Jazz Singer" (1927) Al Jolson. 'NR' (DVS) | | | | | | | | | | (:45) Vitaphone Shorts | | | | | | | | | | (4:5) ★★ ★ "Don Juan" (1926) John Barrymore. 'NR' | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | HBO | (5:00) ★★ "Firewall" (2006) 'PG-13' | | | | | | | | | | Five Days | | | | | | | | | | (Part 2 of 5) | | | | | | | | | | Five Days (N) | | | | | | | | | | (Part 3 of 5) | | | | | | | | | | "Borat: Cultural Learnings of America for Make Benefit" | | | | | | | | | | Tell Me You Love Me | | | | | | | | | | Tell Me You | | | | | | | | | |
| | MAX | (5:20) ★★ ★ "Fight Club" (1999) Brad Pitt. | | | | | | | | | | R' | | | | | | | | | | (:45) ★★ ★ "Flags of Our Fathers" (2006, War) Ryan Phillippe, Jesse Bradford. | | | | | | | | | | R' | | | | | | | | | | ★★★ "There's Something About Mary" (1998) Cameron Diaz. | | | | | | | | | | R' | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | SHOW | (4:45) Phantoms | | | | | | | | | | ★ "One Tough Cop" (1998) Stephen Baldwin. 'R' | | | | | | | | | | Brotherhood (iTV) | | | | | | | | | | Dexter (iTV) Slick liar. | | | | | | | | | | Weeds (iTV) | | | | | | | | | | Weeds (iTV) | | | | | | | | | | Californication | | | | | | | | | | Californication | | | | | | | | | |
| | TMC | Number One | | | | | | | | | | ★★★ "Mimic 3: Sentinel" (2003) Karl Geary. | | | | | | | | | | R' | | | | | | | | | | ★★★ "Aeon Flux" (2005) Charlize Theron. 'PG-13' | | | | | | | | | | (:35) ★★ "Malice" (1993, Suspense) Alec Baldwin, Bill Pullman. | | | | | | | | | | R' | | | | | | | | | | Barely Legal | | | | | | | | | | | | | | | | | | | |
| | STARZ! | (5:40) ★★ ★ "Monster House" (2006) | | | | | | | | | | (:15) ★★ "Stick It" (2006, Comedy-Drama) | | | | | | | | | | Jeff Bridges. | | | | | | | | | | PG-13' | | | | | | | | | | ★★★ "The Holiday" (2006, Romance-Comedy) Cameron Diaz, Kate Winslet. | | | | | | | | | | PG-13' | | | | | | | | | | Pirates-Dead | | | | | | | | | | | | | | | | | | | |
| | ENCORE | (5:30) ★★ ★ "Memoirs of a Geisha" (2005) Ziyi Zhang. | | | | | | | | | | PG-13' | | | | | | | | | | ★★★ "Speed 2: Cruise Control" (1997, Action) Sandra Bullock. | | | | | | | | | | PG-13' | | | | | | | | | | (:15) ★★ "The Benchwarmers" (2006) David Spade. | | | | | | | | | | PG-13' | | | | | | | | | | Cheech-Chong | | | | | | | | | | | | | | | | | | | |



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For more information call:

Patricia Julien-Williams RN, MSN, CANP

Clinical Research Coordinator

MedStar Diabetes Institute @ Washington Hospital Center

Phone: 202-877-2384 Email: patricia.julien-williams@medstar.net



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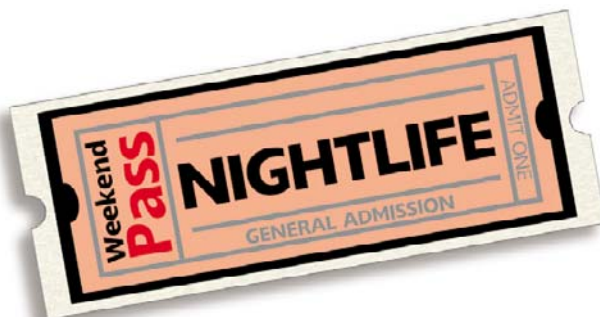
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Beauty-Stylist/Barber - for Chevy Chase-DC area. Licensed. No following required. Retirees welcome. Call Andy: 301-538-6240

JOBS

ACTIVIST - PHONES- CLEAN WATER ACTION

\$12/HOUR GUARANTEED

Our issues: Protecting our drinking water and surface waters like the Potomac and Anacostia Rivers and the Chesapeake Bay, coupled with the upcoming elections in Virginia and the Big One 2008! have never been more at the forefront of people's hearts and minds than right now. Join our team now and make democracy work...and build your resume, while you're at it.

- Work a minimum of three 4-hour shifts/week Mon-Fri 5:30-9:30 pm, and some Sat & Suns, as per demand. Van Ness Metro location.
- Bonus, pro-rated benefits, rapid advancement, credit for past comparable experience eligibility for those that qualify
- You will be educating, mobilizing and fundraising with our members...Think of yourself as a lobbyist on the side of the angels!
- See our website: www.cleanwateraction.org. before calling to schedule an interview.
- Best to call Mon-Fri 1-4pm, but anytime leave a message, and we'll call you back. Call 202-895-0420 x 153 for Marc, x 111 for Michael and x 129 for Roscoe.
- Must have two legal forms of identification for interview and be prepared to spend from 5:20-9:20 with us.

AUTOMOTIVE

Volkswagen Springfield. We are getting busy! Immediate need for experienced Service Advisors, Parts Advisors, Techs, Tech's Helpers & Sales Consultants for used cars. Please contact Luis Pena at 703-470-5866 or fax resume to 703-451-3879

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Food Service Worker needed for child care center. 7:00-2:45 Monday through Friday. Minimal Cooking. Convenient to Metro. Visit www.commercekids.org for application.

Clinical Supervisor - Arlington. Must have at least 10 yrs of primary care experience in a large practice. Prefer min assoc deg and exp sup 3+ staff. Great clin skls nec. 40K+ and great benes. Fax MSA 703-921-3861.

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Fax resume to 703/327-5963
Attn: S. Anderson or email
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JOBS

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JOBS

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The qualified candidate will possess at least 4 years of trade/Journeyman experience (DC Journeyman license preferred), 4 or more years exp. maintaining & trouble shooting electrical systems; working knowledge of the Nat'l Electric Code; knowledge of blueprints & schematics; good organizational/problem solving skills & the ability to adjust priorities quickly.

The responsibilities of this position include performing small electrical projects & renovations; working with fire alarm & security system; working with other craft & contractors; and working well without full time supervision.

Send cover letter w/ sal. req's & resume to:

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JOBS

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Will work with mgmt. and users to assess/analyze IT requirements incl. security, plan/deliver system configurations/maintenance, networks, S/W installs, H/W repairs, and performance tuning. Req: MS Windows XP & 2003 Server, Autodesk, SBS Env. Technical and proposal writing. Self starter with good comm./time mgmt. skills.

Send resume to: resume@m3tc.com

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TRADEMARK LEGAL SECRETARY Intell. Property

Alex. Old Town - Long estab. IP firm seeks secretary w/excellent computer, communic., grammar & typing skills to assist w/U.S. Trademark Prosecution, U.S. Patent Litig., & some U.S. & Foreign Patent Prosecution. Min. 1 yr. exp. WP, MS Word, PCLaw & PCMaster a plus. Benefits incl. medical, 401K, free underground prkg. Email resume to: hr@baconthomas.com

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Non-Profit

Finance Director

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PHYSICIAN

Physician - PCP NEEDED - HIV experience a plus. Cooperative population. CLIA approved office lab. EMR. Support staff. E-mail resume to info@qstreetmds.com or fax to 202-667-0532.

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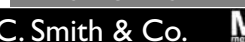
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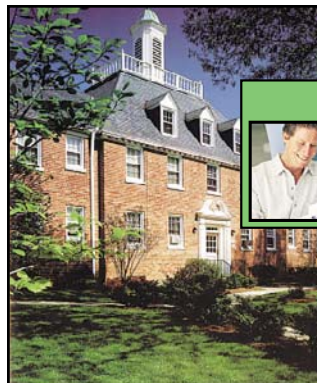
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ARL—Walk Ballston Metro. Rm \$625-\$795 w/priv BA + utils/sec dep. shr kitch. 703-599-7572

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BOWIE TOWN CENTER—Luxury 2BR, 2FBA condo to shr. \$800+ utls. Dep req. Avl. immed. 301-357-9206

Capital Heights—\$175, 1 br, 1 ba, 240 838-7573, capitol hgts. MD. 202-330-7267

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District Heights—Bsmt apt w/ priv BA & 1 rm w/ shr BA for rnt in TH in quiet neighb'd. Near metro, bus & shops. Prof pref. \$625 & up. 301-568-1089.

Fair Oaks—\$850 Flat Rate, 2 Mstrs. Clean, Lots of windows, Wood floors, prof. wanted to room, 571-218-5784

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Laurel—\$500 & Utls, 1 br shared bath, for one in nice house. HS intern & FIOS TV 301-367-5201

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RENTALS

SPGFLD—3BR, 2 full 1 half BA upper lvl. of house, hwd flrs. Shr. kitchen. \$1290. 703-400-0779

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SPRINGFIELD—Room for rent, pvt entr, utls incl. Pets ok. Share kitc, \$550. Call 703-642-5715, 703-732-5834

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CONDOS FOR SALE

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RENTALS

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RENTALS

RENTALS

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RENTALS

RENTALS

RENTALS

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Buick 2000 LeSabre— Custom, \$4800 obo, Excellent cond, 71k mi, Gray int, Burgundy ext, alloy wheels, ABS, Call Jay- 301-437-4989

Chevrolet 2003 Silverado — 1500 SS, \$26000 obo, Excellent cond, 17k mi, Charcoal int, Blue ext, 4 dr, Htd Seats, 724-816-1577

Ford 2003 Expedition — XLT, \$14,400 obo, Excellent cond, 91k mi, Beige int, White ext, 4 dr, Lthr int, Garaged, 1 drv., 240-876-1748.

Ford 1999 Taurus — SE, \$3495 obo, Good cond, 89k mi, Tan int, Red ext, alloy wheels, CD Changer, XM radio, remote start 202-465-4642

Ford 1996 Crown Victoria—Police pkg, 127K mi, excel cond, \$2900 obo 304-282-3882.

Honda 2002 Accord — LX, \$8700.00 obo, Ex cond, 99k mi, Great gas mil, White ext, 4 dr, new wheels & tires, CD-Ipod, Rapp Co. 540-905-9590

Infiniti 2006 G35 — coupe \$29500 obo Exclnt cond 23k mi AMarket Navigation Beige int lthr Black ext BOSE New tires 301-752-9421


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LOOK out

* TRENDS, CULTURE, DISCOVERIES, IDEAS, PEOPLE

Business

A fundraising drive for breast cancer is becoming ubiquitous

October used to be shrouded in black and orange, but in recent years, pink has nudged into the palette.

It seems just about every product you can buy — from Indianapolis Colts mini-helmets to M&M's candies, Avaya phone faceplates and Yoplait yogurt — is available in pink, or at least pink packaging, as part of a promotion to raise awareness and money for breast cancer research.

The companies say the “cause marketing” campaigns do good for the world — and they're not bad for sales, either.

It may sound like an idea that's hard to argue with, but all the pink has some people seeing red.

“Pink Ribbons, Inc.,” a book published last year by Samantha King, a professor at Queen's University in Ontario, found fault with the way corporate sponsorship has put the emphasis in finding a cure rather than figuring out why the cancer rate is so high.

And for five years now, the San Francisco-based group Breast Cancer Action, which bills itself as the “bad girls of breast cancer,” has been running an anti-pink product campaign called “Think Before You Pink.”

The group's executive director, Barbara Brenner, a breast cancer survivor who never wears a pink ribbon herself, says that in many cases corporate images get what she calls a “pinkwash” while the cause gets nominal donations.

“Awareness, we don't need any

Pink Again

more of,” she said. “We have plenty of awareness. The question is: What we do now?”

The pink sales campaigns are probably the biggest and best-known efforts in the world of “cause marketing,” where companies team up with charities with the aim of bringing in more money for both.

The first blockbuster cause marketing campaign came in

1983, when American Express Co. announced it would contribute money to restoring Ellis Island and the Statue of Liberty based on how much its customers charged.

“[The campaign] focused a lot of attention that you could motivate consumers by appealing to the best in them,” said David Hessekiel, president of Cause Marketing Forum in Rye, N.Y.

In 1982, the Dallas-based foun-

It seems just about every product is available in pink to raise awareness of breast cancer.

INSIDE

Style forecast:
Stirrup pants
for men? | **39**



Blog Log: Scabies! Is cholera up next? | **38**

Whatever: Paris Hilton wants to change | **42**



THE COLOR CODE: A large display of pink-labeled Campbell soups stands in an aisle at a Wegmans store in Princeton, N.J.

dition now known as Susan G. Komen for the Cure began trying to get attention for breast cancer, a deadly and common disease that wasn't talked about much.

In the last fiscal year, which ended March 31, Komen brought in more than \$58 million from corporate sponsors.

Last year, the Camden, N.J.-based Campbell Soup Co. made a special pink version of its famous cans of chicken noodle and tomato soups for Cincinnati-based Kroger.

Company spokesman John Faulkner would not say whether the company's bottom-line improved because of the promotion.

“It allows us to support the cause and support it in a very visible way,” Faulkner said. GEOFF MULVIHILL (AP)

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Showers Are Optional

Technology

Weather modification teams want to gain control of the clouds

Water is prized in western Kansas, where aquifers are suffering and farms are miles wide and generations deep. A scant half inch of rain can make or break a growing season.

But when precipitation comes in the form of fist-size hail, it can damage and sometimes destroy crops.

That's where the Western Kansas Weather Modification Program comes in. The Kansas program is among 10 in the country that tinker with the weather by trying to cut the size of hail and boost rainfall. It does so largely by shooting up storm clouds with silver iodide.

Other countries also have used or considered trying weather modification. The United Arab Emirates has investigated cloud seeding



Scott Bryant exits his plane, which is equipped with rows of flares to seed clouds.

to help increase rainfall. China has announced plans to use cloud seeding to manage rainfall during the

2008 Olympics, and Indonesia has used it to try to fight fires.

"What's beginning to happen is

China has announced plans to use cloud seeding to manage rainfall during the Olympics.

that, worldwide, people are realizing that water, especially fresh water, is a very precious resource, and we need to do what we can to increase the availability of that resource," said Bruce Boe, director of meteorology for Weather Modification Inc., a Fargo, N.D.-based company that has been seeding clouds since the 1960s.

In the U.S., weather modification programs are largely run by individual states and counties. But a measure before the U.S. Senate would allocate \$10 million per year to establish the Weather Mitigation Advisory and Research Board to study weather modification pro-

grams and develop policy.

Kansas started its program in 1975. The Western Kansas Weather Modification Program now covers about 8,000 square miles and is used about 85 percent of the time for hail reduction.

Program manager Walt Geiger monitors the weather from a radar station at the tiny Kearny County airport in Lakin. When he sees a storm developing, one with "lots of strong vertical action" that could be a hail producer, Geiger notifies the pilots, who then head into the storms in their single-engine planes, armed with nerves and bayonet-sized canisters of silver iodide.

A 1998-1999 study of the Kansas program found that while there was a statistically significant reduction in hail that year, there was no evidence to support the program's attempts to increase rainfall.

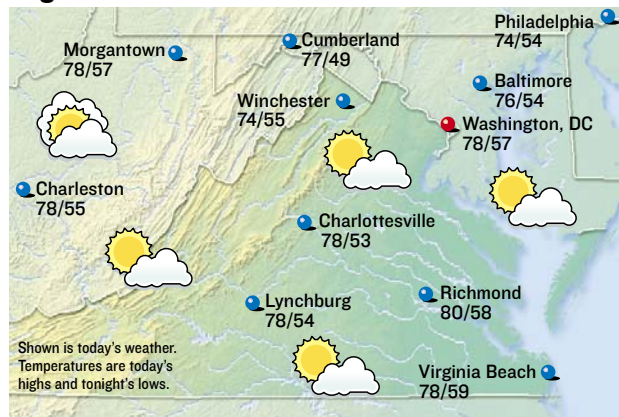
The science behind cloud seeding, while "excellent at the microscopic level," doesn't translate too well outside the lab, said Terry Kastens, professor of agriculture economy at Kansas State University, which conducted the study.

"The practicality of whether you can actually get enough of the iodide in the air is a really big question," Kastens said. "A lot of time we joke it's like shooting a pea shooter at the clouds." MARIA SUDEKUM FISHER (AP)

5 Day Forecast for the Washington Area

| Today | Tonight | Wednesday | Thursday | Friday | Saturday |
|--------------|---------------|--------------|-----------------|----------------------------------|----------------------------------|
| | | | | | |
| Mostly sunny | Partly cloudy | Partly sunny | Variably cloudy | Partly sunny, a t-storm possible | Partly sunny, a t-storm possible |
| 78° | 57° | 78° / 65° | 84° / 66° | 85° / 65° | 74° / 58° |

Regional Weather



Forecasts and graphics provided by AccuWeather, Inc. ©2007

Almanac

Washington, D.C., through 4 p.m. Mon.

Temperature

| | |
|------------------|-----|
| High | 77° |
| Low | 51° |
| Normal high | 68° |
| Normal low | 50° |
| Average humidity | 44% |

Precipitation

| | |
|------------------------|--------|
| 24 hours ending 4 p.m. | 0.00" |
| Month to date | Trace |
| Normal month to date | 1.62" |
| Year to date | 21.64" |
| Last year to date | 38.47" |
| Normal year to date | 31.67" |

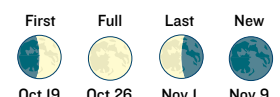
For up-to-the-minute weather, see:
washingtonpost.com/weather

Regional Forecast

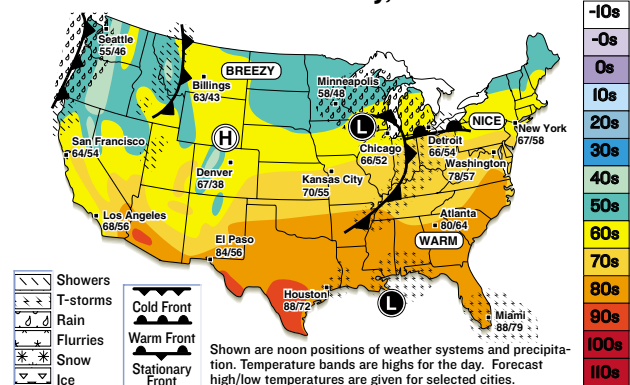
D.C. Metro: Today, mostly sunny. High 78. Wind south-southeast 3-6 mph. Tonight, partly cloudy. Low 57. Wind light, variable.

Sun and Moon

| | |
|----------------|------------|
| Sunrise today | 7:18 a.m. |
| Sunset tonight | 6:29 p.m. |
| Moonrise today | 12:38 p.m. |
| Moonset today | 9:31 p.m. |



National Weather for Tuesday, October 16



National Cities

| City | Today | Wed. |
|---------------|------------------|----------|
| Atlanta | Hi/Lo/W 80/64/pc | 79/66/t |
| Boston | 61/48/s | 63/50/pc |
| Chicago | 66/52/r | 75/61/pc |
| Dallas | 86/69/pc | 86/67/pc |
| Denver | 67/38/s | 60/34/pc |
| Honolulu | 87/73/s | 86/74/s |
| Los Angeles | 68/56/pc | 72/58/pc |
| Miami | 88/79/t | 88/77/pc |
| New York City | 67/58/pc | 69/60/pc |
| Orlando | 86/71/pc | 86/72/t |
| Seattle | 55/46/r | 53/43/r |

World Cities

| City | Today | Wed. |
|--------------|----------|----------|
| Amsterdam | 63/51/pc | 61/50/pc |
| Athens | 66/55/s | 71/59/s |
| Berlin | 61/49/pc | 60/41/c |
| Buenos Aires | 73/59/pc | 75/59/s |
| Calgary | 63/32/c | 52/28/pc |
| Dublin | 57/43/sh | 57/45/pc |
| Geneva | 67/45/s | 64/46/c |
| Moscow | 40/33/c | 45/40/c |
| Rome | 69/52/s | 67/56/c |
| Sydney | 84/57/s | 64/52/pc |
| Tokyo | 60/57/sh | 64/55/pc |

s-sunny, pc-partly cloudy, c-cloudy, sh-showers, t-thunderstorms, r-rain, sf-snow flurries, sn-snow, i-ice.

Styles

LOOK
out

ONE MYSTERY SOLVED: In the future, mannequins will pose in huge, puffy dresses like they are doing "the Robot." This fella in Thom Browne (below) would have none of it.

Dare to Dream

Forget space suits. A hip fashion future awaits

Neiman Marcus is celebrating its past with a look into the future. To mark its 100th anniversary, the luxury retailer asked leading fashion designers to create what they see as the future of fashion. The results — everything from a black and white sequined pantsuit embellished with an enormous bow by Giorgio Armani, to a silvery evening gown from Valentino — are on display at the company's flagship store in Dallas through Nov. 3.

Ken Downing, senior vice president fashion director for Neiman Marcus, said the assignment was to dress women for the next 100 years.

"Who would she be? Who would be your muse? How would you dress her for the party of the century?" said Downing, who curated

the "Future Fashion" exhibit.

Looks include a white ensemble made up of a strapless top adorned with sequins paired with flowing wide-legged matching pants by Stella McCartney. Zac Posen designed an evening gown of gold and white with a billowing train. Dolce & Gabbana's shiny red cocktail dress is cinched at the waist with a large metallic piece.

While the futuristic creations are the main exhibit, the store's six floors

are also filled with special displays that overload the senses.

One takes a look at jewelry made from non-traditional materials, including a gold breast plate from Jose & Maria Barrera in which metal was sprayed onto mesh.

Men can get a glimpse of what they may wear with an exhibit from top menswear designers. A Prada design has men in black stirrup pants with a furry sleeveless top.

One floor features a look back at the future envisioned by the 1962 television series "The Jetsons." Episodes from the show are shown, and brief descriptions highlight how many of the show's predictions came true.

Downing said that the women's fashions that twirl and reflect against glass in the glittering main floor will likely have different meanings to different patrons. Those familiar with fashion will recognize marks of the designers while others may simply be inspired to dream.

"It's truly a fantasy moment," Downing said. "It's a moment to dream and a moment to escape."

JAMIE STENGLE (AP)

Skin Care



Origin-al Spritz

We love organic products that actually work, so we're fans of **ORIGINS SILKENING BODY SPRITZ** (\$25, Origins.com in later October) from the brand's new Organics line. It smells like nutmeg and works as well as any conventional body moisturizer. The spray pump is for hard-to-reach spots, but we still had to reach to rub in the lotion — sorry, "spritz." The **PURIFYING TONIC** (\$25) didn't do much at the time, though after a few days we think our skin might have been clearer. Our male tester said it aggravated his razor burn, so skip it if you're a guy (or a woman with a mustache). **RACHEL KAUFMAN**

Beauty



Don't B Flat, B Natural

The other day, we were told our eyelashes looked like pipe cleaners. This is not such a bad thing but certainly does not suggest a natural look. Perhaps we shall switch to MAC's new **PLUSH LASH** (in brown and black, \$11, Maccosmetics.com), one of the most natural-looking lash-lusheners we've ever brandished perilously close to our corneas. After one coat, lashes just looked dyed. While they started looking faker after two coats, no clumping could be achieved! **HOLLY J. MORRIS (EXPRESS)**

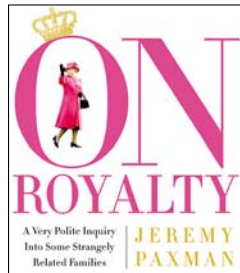

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BOOKS

Royal Crowns

BBC News anchor Jeremy Paxman's eighth book, "On Royalty: A Very Polite Inquiry Into Some Strangely Related Families," is an informative whirlwind tour of European royalty that also brims with wonderful deadpan humor. Express contributor Tim Follos talked with the author. | [ONLINE NOW](#)



FREE RIDE

For Sale: San Marco

Roberto Massarin, owner of Adams Mogan's San Marco restaurant, is ready to retire. But he doesn't want his business to be taken over by your typical 18th Street NW bar enterprise. Express contributor Erin Zimmer details the search for the right kind of successor. | [COMING UP](#)

COMICS

More Expositions

Express' series of video interviews with comic book creators from the Small Press Expo continues. Log on for chats with Fantagraphics' Gary Groth, Oni's Randal Jarrell and SPX's Karon Flage, El Jefe Design's Jeffrey Everett and writer-artist Paul Karasik. | [ONLINE NOW](#)



comment board

“We can definitely still make it to the playoffs. We have to re-think the we go about delivering our wins though; one weekend we are up and then the next we are down.”

COMMENTER MARCUS LANGFORD, WHO ADDED, "INCONSISTENCIES LIKE THAT COULD KEEP US FROM GOING THE DISTANCE."

“Santana Moss has won this team more games than he's lost. He's not the problem. He and Randle El are banged up and need more help at the WR position.”

COMMENTER ME, WHO ADDED, "BRANDON LLOYD WAS A HORRIBLE PICKUP LAST YEAR. [THAT] GUY THAT DOESN'T DO ANYTHING."



“The Washington Redskins are the perfect representation of this city of liberals. Always doing their best to snatch defeat from the jaws of victory.”

COMMENTER MS, RESPONDING TO MONDAY'S POLL CENTER QUESTION, "DO YOU THINK THE REDSKINS WILL STILL BE ABLE TO MAKE THE PLAYOFFS THIS YEAR?"

poll center

YESTERDAY'S RESULTS AS OF 5 P.M.

DO YOU THINK THE REDSKINS WILL STILL BE ABLE TO MAKE THE PLAYOFFS THIS YEAR?

NO 57%

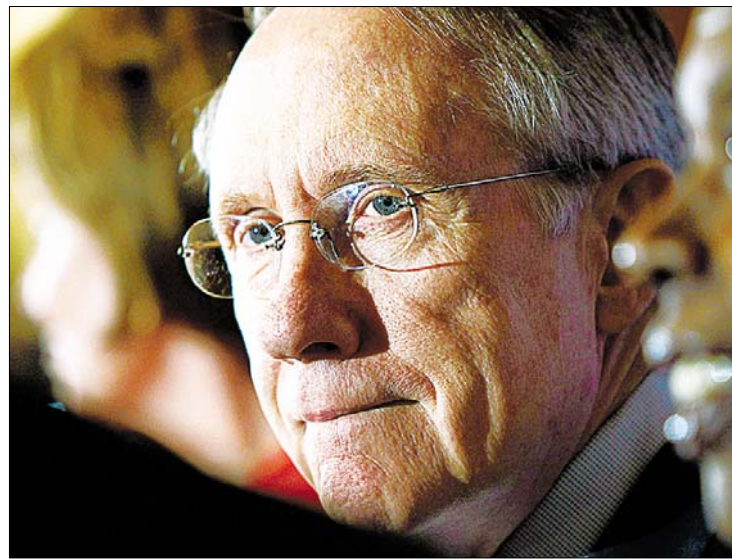
YES 43%

SEE HOW YOUR METRO STATION VOTED AT [READEXPRESS.COM/POLLCENTER.PHP](http://readexpress.com/pollcenter.php)

Blog LOG

“Isn't that one of those old-timey diseases you get when you play Oregon Trail? What's next: cholera?”

A COMMENTER AT [GAWKER.COM](#) REACTS TO NEWS THAT HARVARD UNIVERSITY OFFICIALS ARE RESPONDING TO A SCABIES OUTBREAK IN A FRESHMAN DORMITORY.



WIN MCNAMEE/AFP/GETTY IMAGES

“YOU HAVE TO give the guy credit for chutzpah, because he's possibly even more liberal than Rudy Giuliani — well, he 'was' more liberal, until he decided to run for president and then had a series of epiphanies on every single issue, suddenly and amazingly converting to the uber-conservative view on everything.”

AMERICABLOG.COM ON REPUBLICAN PRESIDENTIAL CANDIDATE MITT ROMNEY.

“[BRITNEY SPEARS] obviously thinks she's still sexy. You know what would be sexy? Britney Spears in a straightjacket. OK, well, that wouldn't actually be sexy, but it would be a step in the right direction.”

EGOTASTIC.COM WEIGHS IN ON THE FALLEN STARLET STRUTTING HER STUFF AROUND L.A.

“THE OTHER GIRL enters and plonks her bag down on the counter. She glares at him — it's not hostile, or at least the hostility isn't personal, but it's a glare just the same...”

JORDANBAKER.BLOGSPOT.COM RELAYS A STORY OF PERSONAL FRIGIDNESS IN THE LIBRARY OF CONGRESS' CLOAKROOM.

“The numbers for Reid would indicate that he might not even survive a primary challenger, let alone a reelection general election.”

THE RIGHT-LEANING [CAPTAINQUARTERSBLOG.COM](#) NOTES A NEW POLL SHOWING THAT THE NEVADA LAWMAKER, WHO IS SENATE MAJORITY LEADER, IS LIKED LESS THAN PRESIDENT BUSH.



Discussions

Michael Wilbon

The Washington Post's **MICHAEL WILBON** was online Monday to discuss performance-enhancing drugs, the Washington Redskins and other NFL topics from the weekend.

What did you think about Sally Jenkins' article about the possible legalization of performance-enhancing drugs? I think the best point she made was that it at least needs to be discussed.

Anybody who visits this space knows how much I love Sally Jenkins, and she made a lot of great

points in that column, but I need to ask her why it took Marion Jones to fall before she got religion. She killed Barry Bonds and other guys for 10 years on this topic; now we need to take a second look?

I've gotta call out your boy Mike Sellers — he's had two crucial drops in the Redskins' two losses. You act as if it's a mortal sin that he is not more involved in the offense, yet his iron hands continue to doom the Redskins on third down. How can we continue to have confidence in him? He shouldn't be catching passes. He should be running people over as he did last week. How hard is this? Why throw to him when you can stick it in his belly?

Do you think that race played any part in the media's reaction against Travis Johnson following Trent Green's concussion last weekend? Olbermann dubbed Johnson the NFL's "worst person of the week," but was that just the initial, emotional reaction of seeing a black man taunting a concussed white QB?

Keith is about the least likely guy to jump to such a conclusion. I think Johnson had every right to be upset about having his knees taken out, but once he realized Green was seriously hurt, he should have

TODAY ON DISCUSSIONS: WTOP political commentator Mark Plotkin discusses Virginia, Maryland and D.C. politics. at 2 p.m. | washingtonpost.com/discussions.

DON'T

WATER YOUR LAWNs, FREDERICK, MD. Or wash your cars in your driveway, for that matter. The city of Frederick has declared a water emergency and banned certain uses of water, including car washing, gardening and supplying water to outdoor fountains.

Bizarro | Dan Piraro



Cornered | Mike Baldwin

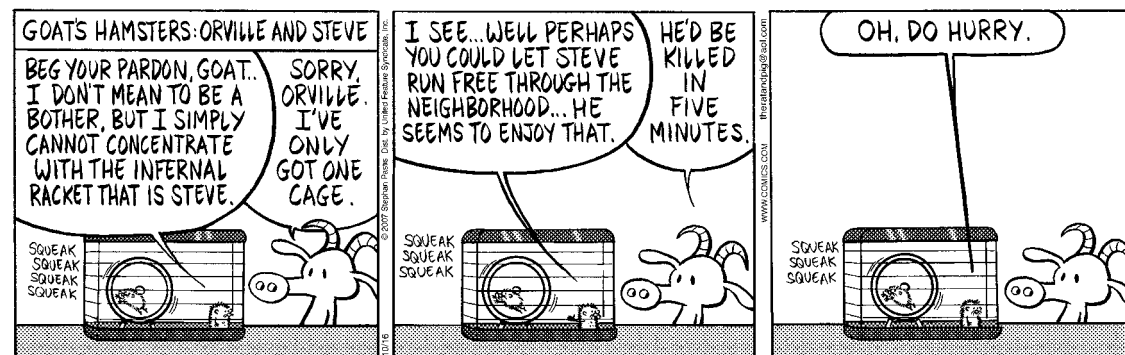


"You're doing 20-to-life. What do you mean you haven't got time to floss?"

Pooch Cafe | Paul Gilligan



Pearls Before Swine | Stephan Pastis



The Duplex | Glenn McCoy



Horoscope

By Stella Wilder

LIBRA (Sept. 23-Oct. 22) Your moment in the spotlight is likely to be brief, but you can take full advantage of it and maximize your rewards. Be creative.

SCORPIO (Oct. 23-Nov. 21) It's important for you to give others the floor as often as possible. You needn't try to force anyone to support you; it will happen.

SAGITTARIUS (Nov. 22-Dec. 21) So far, so good — or so the experts are telling you, at any rate. You have the feeling, however, that you can do a little better.

CAPRICORN (Dec. 22-Jan. 19) Someone may be trying to challenge you at a very basic, even primitive level. Take care that you don't stoop to something you're ashamed of.

AQUARIUS (Jan. 20-Feb. 18) There is no shame in relying on others to help you through a difficult time — and you may have to do just that. Show your gratitude.

PISCES (Feb. 19-March 20) This is a good day for you and anyone else who is will-

ing to experiment and put something on the line that may reap wild returns.

ARIES (March 21-April 19) Don't overdo it. The best way to get your point across is to be subtle, secure and straightforward — but gently so.

TAURUS (April 20-May 20) Focus on home affairs; that is where you will receive the most valuable and lasting inspiration. Harmony is worth working for.

GEMINI (May 21-June 20) It may be more difficult than expected to get through to someone who is waiting to hear from you. Be sure you're not at cross-purposes.

CANCER (June 21-July 22) Now is the time for you to consider doing something drastic in order to force to a conclusion a situation that is quickly getting out of hand.

LEO (July 23-Aug. 22) Someone has captured your attention, but you may not want to acknowledge that anything has changed at all. Use caution; proceed slowly.

VIRGO (Aug. 23-Sept. 22) Stick with it; it's bound to pay off very soon. Your attention to detail may leave something to be desired; you'll want to sharpen your focus.

Letters

A Great Pumpkin Picture

It was with unqualified joy and a gurgle of happiness that I saw the photo of the giant pumpkin in this morning's paper. The amount of time and energy that must have been required to grow a gourd of such magnitude speaks to the resili-

ence and dedication of mankind to the small pleasures in life that remain unaffected by life's larger tragedies. I'm sure there were deaths, divorces, rehabbing celebrities or even vacant bathroom stalls that could have graced the pages of your paper, but lo, a large, magnificent pumpkin greeted my day. I thank you.

—BILL BATES
Washington, D.C.

WRITE TO EXPRESS: Include name, hometown and telephone number. Submissions may be edited. E-mail to inbox@readexpress.com or mail to Express Letters, PO Box 17370, Arlington, VA 22216.

Today in History

1793 During the French Revolution, Marie Antoinette, the queen of France, is beheaded.

1859 Abolitionist John Brown leads a group of about 20 men in a failed raid on Harpers Ferry.

1916 Margaret Sanger opens the first birth control clinic, in Brooklyn, N.Y. (The clinic ended up being raided by police and Sanger was arrested.)

1962 The Cuban missile crisis begins as President

Kennedy is informed that reconnaissance photographs had revealed the presence of missile bases in Cuba.

1978 The College of Cardinals of the Roman Catholic Church chooses Cardinal Karol Wojtyla to be the new pope; he takes the name John Paul II.

1987 A 58-hour drama in Midland, Texas, ends happily as rescuers free Jessica McClure, an 18-month-old girl trapped in an abandoned well.

2002 President Bush signs a congressional resolution authorizing war against Iraq.



ALASTAIR GRANT/AP

"My love is like a twin-barreled rifle."

ROYALS= WEIRD

Guns Herald Engagement

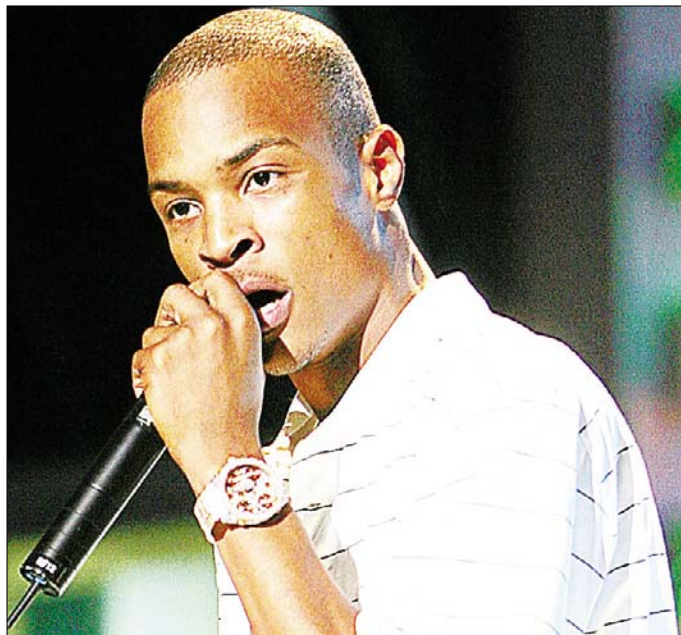
Photographs of Prince William's girlfriend, **KATE MIDDLETON**, on a Scottish hunting trip, have rekindled speculation the pair will soon announce their engagement. One shows Middleton lying on her stomach as she lines up her rifle for a shot. (AP)

DIPLOMACY

Israel REALLY Wants That New 'Twin Peaks' Box Set



DAVID LYNCH, in a Israel to encourage transcendental meditation, met with President Shimon Peres. "The whole of Israel recognizes your work and is proud to host you," said Peres. (AP)



SCOTT GRIES/GETTY IMAGES

JAIL

What a Silencer!

T.I. was ordered Monday to remain in custody in Atlanta on federal weapons charges until a bail hearing later this week. The rapper, born Clifford Harris, appeared briefly in federal court Monday. Wearing a black shirt and black jeans, he entered the courtroom expressionless and scanned the crowd filled with supporters, family and media. (AP)



One misconception is that her hair is blond.

TV 'The Simple Life: Rwanda' To Air in Spring 2008

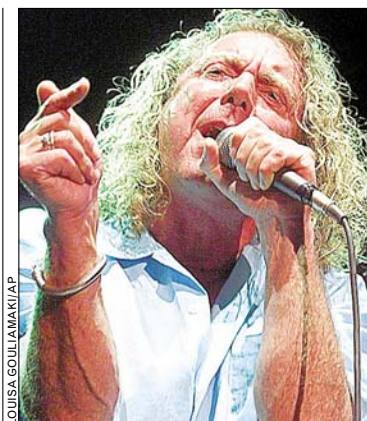
PARIS HILTON has vowed to change her party-girl image after serving a 23-day jail sentence in June. "Before, my life was about having fun, going to parties — it was a fantasy," she tells Newsweek magazine. "But when I had time to reflect, I felt empty inside. I want to leave a mark on the world."

Hilton will visit schools and clinics in Rwanda as part of a charity mission. The trip will be filmed. "I love having everything documented," says Hilton. "It shows people what everyday life is like for me, how hard I work. There are a lot of misconceptions about me." (AP)

APPLE

'Capitulate or Your iPhone Will Be Recalled'

Led Zeppelin, one of the last major acts to resist digital distribution, are releasing their back catalog online Nov. 13. A CD retrospective, "Motherhip," comes out the same day. Led Zeppelin, which split up in 1980 after the death of drummer John Bonham, announced last month they were reuniting for a Nov. 26 concert in London. The lineup includes guitarist Jimmy Page, singer **ROBERT PLANT** and bass player John Paul Jones. (AP)



LOUISA GOULIAMAKI/AP

Steve Jobs bought Plant for a mere fraction of what the Beatles will cost.

Severe Pain during your Bowel Movements?

Doctors would like to talk with you about medical research studying an investigational ointment to see if it helps relieve the pain associated with anal fissures, a medical condition that causes severe pain, bleeding and itching around the anus.

Local doctors are now looking for adults who are experiencing symptoms associated with an anal fissure, to participate in a medical research study evaluating the safety and effectiveness of an investigational ointment to see if it helps relieve pain.

To be eligible for this study, you must:

- Be between the ages of 18 and 75 years
- Have an anal fissure for at least 6 weeks prior to the study. Symptoms may include:
 - Severe pain during and after a bowel movement
 - Bleeding around the anus following a bowel movement
 - Itching around the anus

Qualified participants will receive study-related medical evaluations and the investigational ointment at no cost. Reimbursement for time and travel will also be provided.

To learn more about this study, please contact:

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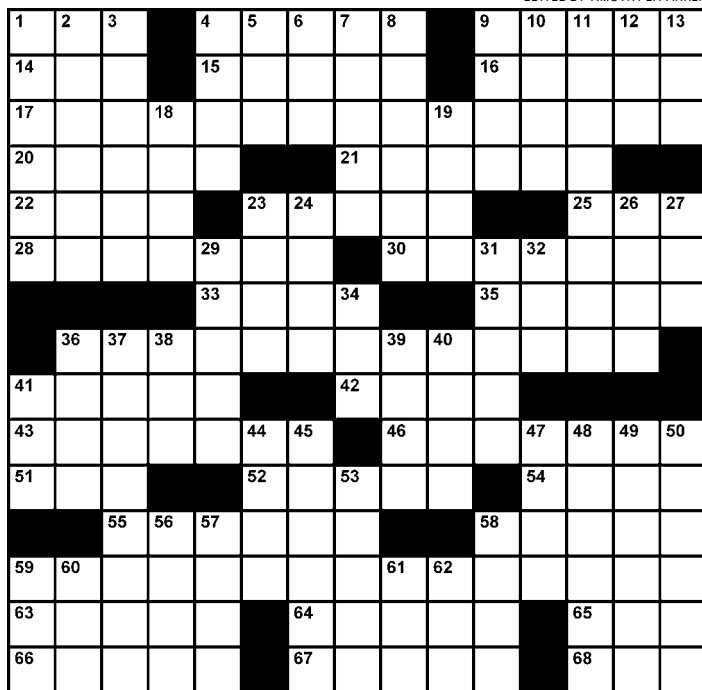
1 Theatrical producer Ziegfeld
4 Buddies
9 Show the way
14 Broadcast
15 Big name in games
16 Punjab noble (Var.)
17 "Hold your horses!"
20 Runs while sitting
21 "Becket" actor Peter
22 Cheep lodgings?
23 Women-only residence
25 Long ending?
28 Host or hostess, often
30 Like brothers and sisters
33 Mine finds
35 They could be good or bad
36 "Hold your horses!"
41 Sing a simple song
42 Hindu discipline
43 Solidify
46 7 or 11, in Vegas
51 Nasty fellow
52 ___ Alaska
54 Blood supplies
55 Notoriety
58 Update equipment
59 "Hold your horses!"
63 Year-round coat

64 Put on the books

65 "Got it?"
66 Encyclopedia volume, perhaps
67 Laliq and Magritte
68 Ogee's shape

DOWN

1 Counterfeiting
2 Schubert art songs
3 Challenging words
4 Retired Giant #24
5 From ___ Z
6 Sorority letter
7 Hot corner goof
8 Wimpled woman
9 Lounge group, perhaps
10 Countess' hubby
11 Pangolin, e.g.
12 Corporate biggie, briefly
13 Rural producer
18 St. ___, Fla.
19 Major purchase
23 Attendee's response
24 Son of Zeus and Hera
26 Identifying factor
27 "___ bodkins!"
29 Rich dessert
31 Dairy designation
32 "What ___, chopped liver!"
34 Pigpen's place?
36 "Hold your horses!"
37 Stairway guide

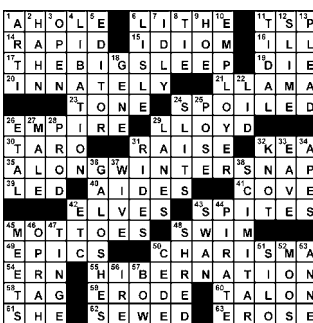


EDITED BY TIMOTHY E. PARKER

38 Chang's bosom buddy?
39 Give an edge
40 "Zooks!"
41 300, at the Forum
44 Lean against
45 Shaver's foam
47 Beta tester, e.g.
48 Junk
49 Faces the day
50 Woodworking machinery
53 "The Secret of the

Old Clock" author
56 Sicilian lava maker
57 Calif., Ore., and Wash. time zones
58 Large mil. units
59 Agency under F.D.R.
60 Tipper's item
61 Prohibition
62 Driving hazard

Yesterday's Solution



SUDOKU | MEDIUM

Fill in the boxes so each row, column and 3-by-3 square includes the digits 1 through 9. See www.sudoku.com for solution, tips and computer program.

Need more Su/doku?

Find another Sudoku puzzle in the Comics section of the Post every Sunday and in the Style section Monday through Saturday.

Yesterday's Solution

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 8 | 6 | 2 | 3 | 4 | 5 | 9 | 7 | 1 |
| 1 | 9 | 5 | 8 | 6 | 7 | 2 | 4 | 3 |
| 4 | 7 | 3 | 1 | 9 | 2 | 5 | 6 | 8 |
| 6 | 4 | 8 | 9 | 3 | 1 | 7 | 5 | 2 |
| 5 | 2 | 9 | 7 | 8 | 6 | 3 | 1 | 4 |
| 7 | 3 | 1 | 5 | 2 | 4 | 8 | 9 | 6 |
| 9 | 5 | 6 | 2 | 1 | 8 | 4 | 3 | 7 |
| 3 | 8 | 4 | 6 | 7 | 9 | 1 | 2 | 5 |
| 2 | 1 | 7 | 4 | 5 | 3 | 6 | 8 | 9 |

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| | | 2 | | 4 | 3 | 1 | | |

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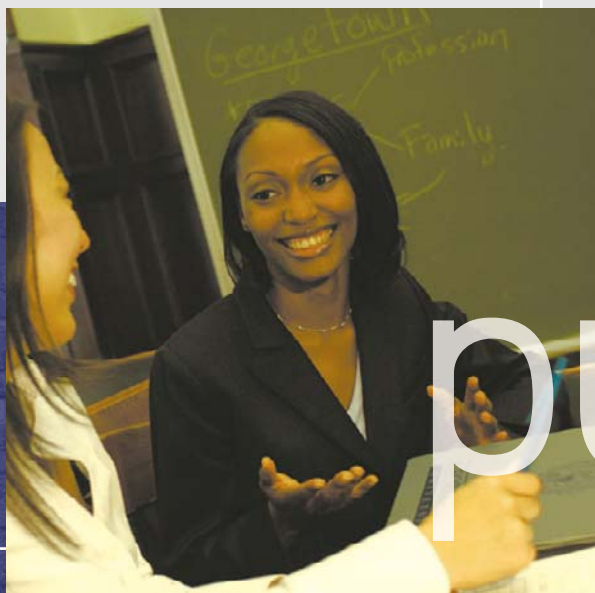
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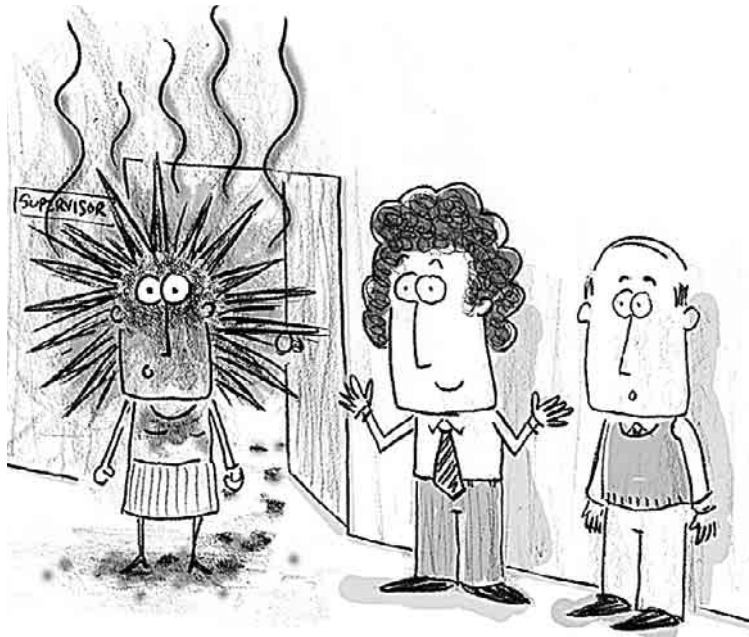
Protesting a Thumbs-Down Work Review

Q I was given very negative feedback in my latest evaluation at work, and I'm having a hard time getting over it. I do not think I was fairly treated, or that all the facts were taken into consideration. Now I find myself less motivated than ever and totally angry.

— TICKED OFF IN DC

This isn't a botched second half with the Packers; you're not supposed to just swallow hard and "get over it." A performance evaluation, despite the absolute beauty of such phrases as "skills set" and "growth edge," is not a poetry reading — audience participation is essential.

Though your tongue might feel tied in the meeting itself, there should be an opportunity for you to state your case. The street might not be completely two-way, but it's not supposed to be blocked off with orange cones



ERIC REECE

and concrete barriers. You need to tell your manager that you feel some issues need further exploration (two can play the buzzword game) and that you'd like to set up a meeting. Then and there, while trying hard not to be defensive, you can outline the parts of your review that came as a disappointment and why you were expecting

to be evaluated differently.

If the meeting goes nowhere and the standoff seems to involve shadiness or a personality conflict, and your office has an HR department, you might look there for further guidance. Talking to a trusted co-worker might also help you see whether there's something you're missing.

Middle Ground Can Be Found

Q My girlfriend and I have been dating for two and a half years now and living together for about eight months. Things have really slacked off in the romantic area. We seem to be on different cycles, and we never meet in the middle. I feel like any other issues that come up are amplified by both of our frustrations. Do you have any suggestions on syncing up? — TWO WORLDS APART

That depends on what different cycles means. Morning versus night? Thrice weekly versus thrice monthly? Bread and butter versus baba ghanoush with hot peppers?

Sexual issues (I assume "romantic area" doesn't mean sunsets and Kenny G) can be tricky, in part because they are frequently both the cause and the symptom of underlying emotional issues in a relationship. It's the reason you don't see many pure sex therapists anymore (with the exception of that groovy older lady on late-night Lifetime); it's often impossible to separate sex from intimacy, pas-

sion, trust and comfort.

Make no mistake: Rare is the couple who doesn't experience at least a slight drop-off in frequency when transitioning from date clothes to sweatpants — never underestimate the power of novelty. But don't confuse a natural, comfortable evolution with a strained, uncomfortable stagnation (cue the relationship speech again).

It's hard to talk about sexual issues, but in the first year of living together, it can be make-or-break for the relationship when things feel off. Start by writing down your feelings about your sexual relationship and giving them to each other to read, if that's less intimidating. You might progress into each of you coming up with one small way your partner can move closer to your side of the metaphorical bed. If you can find a way to be honest, open and respectful of each other's needs (or lack thereof), then meeting in the middle will be a simple compromise rather than an inconceivable pipe dream.

@ Want more Dr. Andrea? Read her online column every Wednesday or submit a question anonymously at Readexpress.com/baggage. Or send your queries to baggage@readexpress.com.



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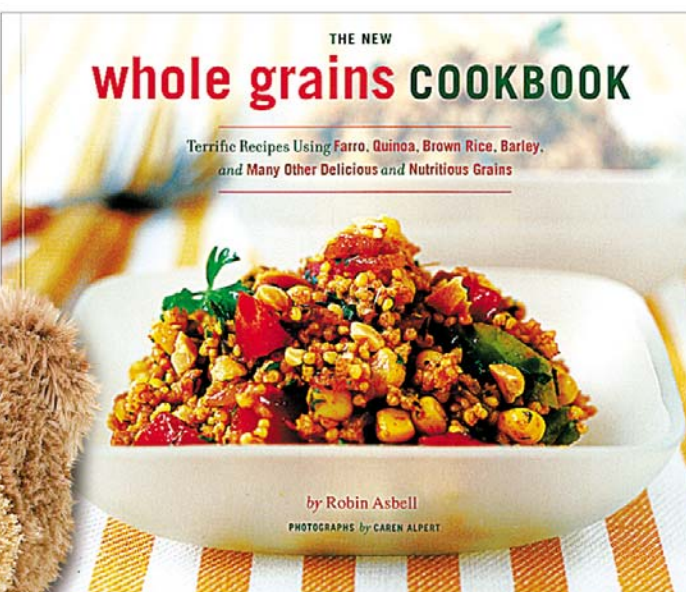
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American Journal of Hypertension, January, 2005
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Sticking Points

■ Non-stick pans always seemed a little sketchy. Why didn't the food stick? Were you ingesting little non-stick granules with every bite? Then, in 2005, there was that ruckus when an Environmental Protection Agency study said perfluorooctanoic acid (PFOA) — a chemical used to make Teflon — may increase cholesterol and triglycerides in the blood. The EPA pegged it as a possible carcinogen in rats, too.

GreenPan cookware (\$99 for a set of three pans, a steamer and two lids, Buy greenpan.com) doesn't employ PFOA or PTFE, aka polytetrafluoroethylene, aka Teflon, for its magical anti-adherent qualities. (Note: While PFOA is used to make Teflon, it's not present in the finished product.) Instead, the 8-inch fry pan, 11-inch skillet and 11-inch grill pan are coated in "Thermolon," which has something to do with ceramic. We tested the small frying pan, and found it an apt cooker of pancakes and eggs. Plus, the light gray interior and the brushed aluminum handle make GreenPans aesthetically, as well as environmentally, pleasing. HOLLY J. MORRIS (EXPRESS)



STRING THEORY

Adults who nibble on string cheese are used to co-worker mockery. But with the debut of Sorrento+Plus (\$4), packs of snacks that come with either added vitamin D and calcium or in a lactose-free formulation, everyone in the office is going to be playing with their dairy.



POSSIBLE DREAM

When sheep counting won't cut it, Fairmont Gold guests at the Fairmont (2401 M St. NW) can tap the "Sleep Concierge" to order in a teddy bear (\$10, shown), neck massage (\$22.50) and more. Just be sure to tuck in early — the service stops at 11 p.m.



GRAIN MAKER

Even if you can't pronounce quinoa, you know it's good for you. The Peruvian product and pals rule "The New Whole Grains Cookbook" (\$20, Chronicle). The recipes range from ethnic (Indian red rice pulao) to ordinary (whole-wheat crusted blueberry pie), making the wimpy white stuff obsolete.



PLAY'S ANATOMY

Cavity Sam's had plastic surgery — literally. In the Operation Rescue Kit game (\$25, and, yes, we agree that the name is unfortunate), he has new ailments, including "texting thumb" and "soccer knee." And he's hooked up to an oxygen pump, so doctors can stabilize his heart rate.



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THE MISFITS

Simply Spinning

Q Can you suggest a place I can take spinning classes in D.C. without joining another gym?

A My gym doesn't offer spinning, but I otherwise have no desire to leave. I'd prefer the Dupont/Glover Park/Cleveland Park area. Thanks.

— PEPPER

■ After racking my brain and coming up with absolutely nuttin', I was prepared to offer you my usual nefarious tips for gaming the gym system. There's the pretend-you-want-to-join approach, which often gives you a few free days at a health club with access to all the classes you can squeeze into your schedule. If you're willing to travel throughout D.C., Maryland and Virginia, you could get significant mileage with that route.

Or, if any of your friends belong to a gym that gives members guest passes, you could get in to cycling classes that way — just be sure to keep befriending other riders or your supply will dry up.

But then I remembered Bench Gym (1150 18th St. NW, Suite 130, 202-775-9400, Benchgym.com), which will give you a spot on a Schwinn without the pangs of guilt.

The personal training facility, located smack-dab in Dupont Circle, offers pay-as-you-go indoor cycling classes for \$16 per pop. Classes are held Thursdays at 6 p.m. and Fridays at 1 p.m. But make sure you sign up early. There are only six bikes in the tiny studio, and one of those is reserved for the instructor. (If you're willing to ride without a teacher, you can have the room to yourself at almost any time for just \$12. And you get to pick the music.)

Anyone in class can take advantage of the towel service and the showers — which will certainly come in handy if you slip in on Friday during your lunch break. You'll walk out feeling as well refreshed as a member without having to cheat on your beloved gym.

@ Vicky Hallett is one of the MisFits, the fitness team for The Washington Post's Health section. Find more of her answers to reader questions on page F3 of The Post every other Tuesday, alternating with personal training insights from her gym buddy, Howard Schneider. Contact the MisFits at misfits@washpost.com.



GETTY IMAGES

A Fleet Full of Fitness

Biking in a group sounds scary, but a new local ride makes it easier

A 40-mile bike ride on a glorious fall morning can be a fine way to start the day. Or it can be lonely and boring. But there's no excuse to fly solo if you don't want to — not when D.C. teems with teams of cyclists eager to log some serious distance. Nervous about joining a pack? There's a new ride in town.

The perks of group riding are clear. You have fellow bikers to chat with; if you're the competitive type, a fleet will drive you to pedal harder than you might when alone; and, because a group is more aerodynamic than a singleton, riders reap the advantages of drafting. "If you ride in a group, you will get faster — it's pretty dramatic" says Chuck Harney, co-owner of the Bike Rack in Logan Circle (1412 Q St. NW; 202-387-2453).

But ganging up can be scary, too. Groups move quickly and can

be filled with hardcore riders. So, former racer Seth Carpenter joined forces with the Bike Rack to create a group ride specifically geared toward those who feel uncomfortable cruising in a crowd. He promises you won't get dropped from the pack — even if you can't keep up or get a flat tire, he or his wife, Mi Hillefors, will ride with you at the back.

"There's a lot to learn about riding a bicycle — how fast you should be spinning the pedals at what point, how to pay attention to the group," says Carpenter. "All that is stuff you learn through group riding and practice."

The ride is not for someone who puts shoe to pedal once or twice a year. Everyone on a recent Sunday showed up with road bikes, clip-in pedals and bike shorts. They could all handle 40 miles. And they knew about pacelines — closely spaced columns of bikers that take advantage of drafting — even if they'd never tried to join one before. (They have now — the group organizes into two parallel pacelines once it hits MacArthur Boulevard.)

RIDING AROUND

→ With more than 3,500 members, the Potomac Pedalers (Bikeptc.org) are probably the biggest touring club in the D.C. area, with rides leaving different parts of the D.C. area every day.

→ The Bike Hounds take off from Capitol Hill Bikes (Capitolhillbikes.com) twice every weekend — once on a shorter, leisurely ride and once on a longer trek (50 to 100 miles).

→ Women in Virginia have teamed up to pedal as Babes on Bikes (Babesonbikes.org). They currently lead rides of varying difficulty every Monday, Wednesday and Friday.

→ The members of Bike and Brunch (Bikeandbrunch.com) are Jewish, mostly single riders who meet up Sundays (and some weekdays) April through late November. Some of the rides are far outside the city, though, so you might need a car.

Carrie Burch has been on a few group jaunts but prefers this one's young and jovial vibe. Gregg Haifley, who's been spinning for years but just bought a bike and joined about eight weeks ago, says he likes the social aspect. One woman noted that the handful of female regulars is a nice draw.

Many groupies say Carpenter's guidance is the main reason they keep coming back. He launches the day with a yell of "Let's rock and roll!" and, as the trip progresses, he travels throughout the group checking in and dispensing tips: Ride as close to the bike in front of you as you feel comfortable, and don't use your brakes unless you absolutely must; pay attention — to the people in front of you, the people in front of them and the road; when a gap opens up, don't sprint to close it, but rather move forward slowly so those behind you can keep up.

"A really nice thing about this group is that there's a lot of mentoring that goes on," Haifley said. "So, a newbie like me can show up and, in a relatively short period of time, they've taught me what I need to do to ride with a group. It's not intimidating at all. It's just easy to get into." IAN HERBERT (EXPRESS)

Basedow: Baring It All

The infomercial star flexes his way into bookstores' fitness sections

That blond crown of hair. Those piercing blue eyes. And, of course, the chiseled chest that seems to repel clothing. It's hard not to have heard of "fitness celebrity" John Basedow, who catapulted to fame by incessantly airing home-made commercials hawking his DVD line, "Fitness Made Simple." His TV tactics (and vast MySpace following) paid off with a book deal, and he'll be showing off the finished product tonight at 7 p.m. at Borders Books & Music in Kensington.

How did you become known as a "fitness celebrity"?

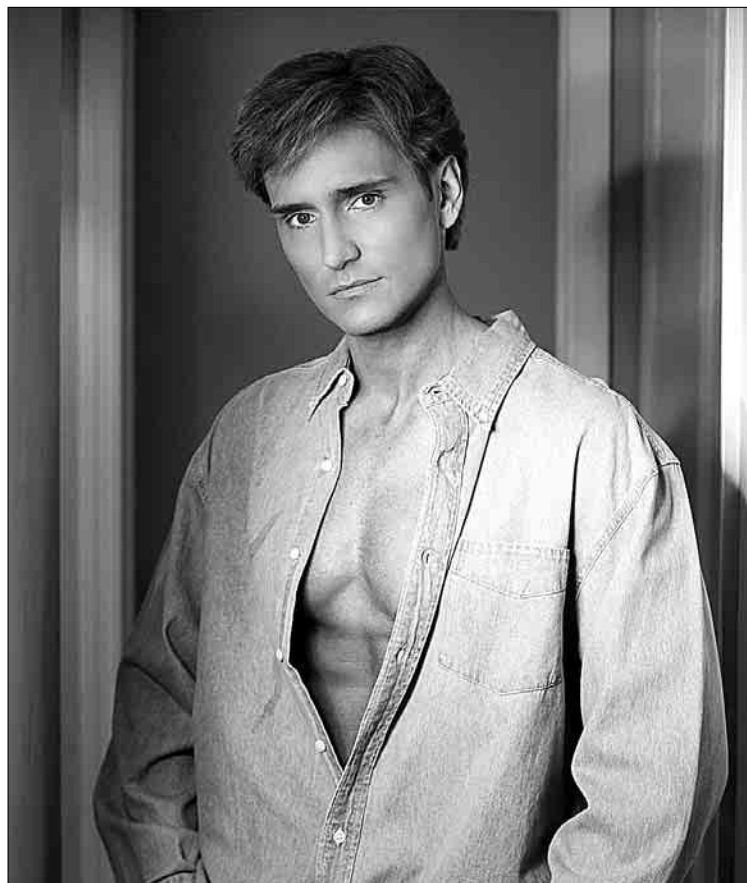
Originally, it was going to be "internationally renowned fitness expert John Basedow." But that was too long for the 30-second commercial. Someone said, "How about fitness guru?" And I suggested, "fitness celebrity." They said, "What's that?" But I said, "It's our own word and we'll make up the definition." Whenever people see me now, like walking off of an Amtrak train last night, they said, "Hey, fitness celebrity John Basedow." It's never just "John." I should legally change my name to that.

What's new in the book?

It's the first time all my secrets about nutrition, exercise and supplements are written down in one place. It comes with a DVD with things people haven't seen yet. It has the Johnisms — it's the first time they've been in print.

What's your favorite Johnism?

That's like asking who's your favorite child! OK, I have three. "Will it to be and it will be." I like that because it shows the power is in you. Even if you don't believe that at first, if you repeat this, you internalize it over time. And I love this one: "Don't tell me what to do until you show me what you can do." Look at the source of your information. And I always say that settle-it-is is a nasty disease that ruins lives. The land of



YOLANDA PEREZ

good enough sucks. Never step foot in the land. It's like quicksand.

A big part of your plan is morning cardio. What do you do?

I vary it up. In the summer, I swim. Most of the time, I'm on the elliptical. I don't have a lot of time to watch TV, so I tape shows and watch them in that 50 minutes. That's my only chance to unwind, plan my day and get physically centered. If you start your day with fitness, you're less likely to cheat.

Which TV shows do you tape?

I knew you were going to ask that! "Heroes," "Desperate Housewives," "Dirty Sexy Money." They're all fantasy and soap-opera related. Oh, and "Gossip Girl," too.

Do you ever worry you're focusing too much on the TV?

If TV helps keep your mind occupied, it's fine. I've actually been doing too much cardio because I do a little more at night. But recently I've been doing it while Larry King is on, and I watch the whole thing.

How often do you work your abs?

Every night. I have to stay within two or three days of doing a photo shoot at all times.

Is that your favorite part of your body?

Not at all. It's like taking care of a high-maintenance pet. If I had to pick a part, I'd say I like my arms. They develop more quickly and require less maintenance.

What makes your plan different?

Others are unidimensional. I put together the bits and pieces from each plan that worked. That's the fitness triangle. If you just do our nutrition program, or if you just do the workout, you won't see results. I think of it as an isosceles triangle because supplements are a smaller part. They're the decorative items, the accessories. You need to have a foundation first.

What supplements do you take?

I have a Renew Life bar with 14 grams of fiber every day. One of the keys to a healthy and lean physique is a healthy digestive system. Regular people have good bodies.

VICKY HALLETT (EXPRESS)

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Battle Bottom Bulges

A diverse training regimen is best for maintaining a taut tuckus

Your darling derriere isn't the only thing that should be well-rounded: your training plan should be, too. Do these exercises twice per week, and add 30 minutes of cardio three times each week to burn fat and make sure your back-porch swing remains a two-seater.

Method: Strength

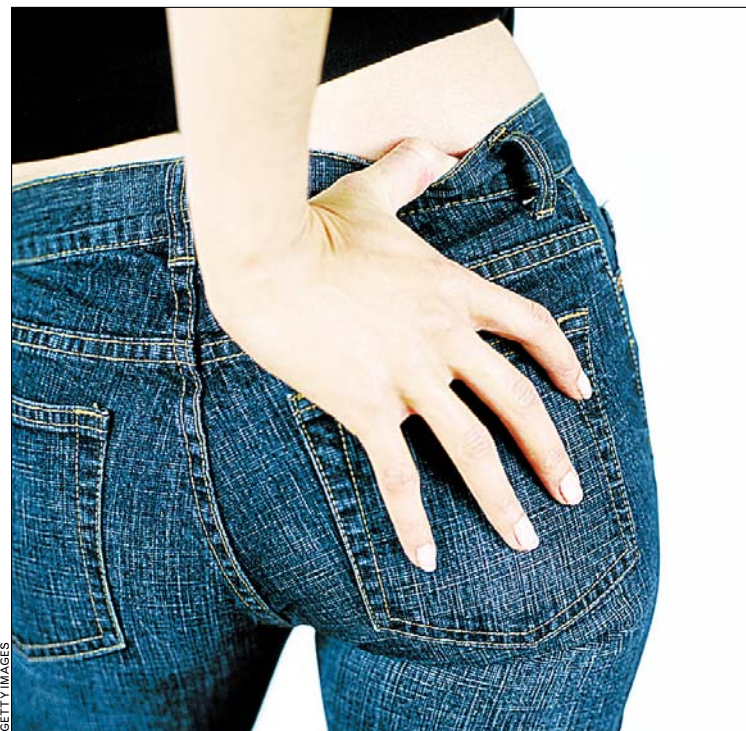
BOTTOM BENEFIT: "You need to build muscle in order to lose inches," says New York trainer Dolores Munoz, creator of "Trainer's Edge: Killer Butt." Adding muscle will lift your glutes and make them rounder — not bigger. When you have more muscle, you'll burn more calories and fat; you might weigh more, but your body will look leaner.

The Move: Squat Kick

→ Strengthens glutes and legs, and the high reps increase your heart rate, so you'll burn extra calories and fat. Stand with feet slightly wider than hip-width and squat, bending your knees to 90 degrees, while keeping them behind your toes. Press up, and as you near the start position, kick with your right leg, keeping it straight and your right foot flexed. Step back and perform another squat, then kick with your left leg. Do three sets of 20 repetitions.

Method: Pilates

BOTTOM BENEFIT: "Pilates builds muscles, but it makes them long and lean," says Pilates instructor Lara Hudson, star of 10 "Minute Solution: Pilates" (VHS/DVD).



"When you contract your glutes, you're pulling the muscles in toward the bone. It keeps them looking tight and small."

The Move: Grasshopper Beats

→ Tones and tightens legs and glutes — especially upper thighs, erasing "panty lines." Lie face down on the floor with your head resting gently on the backs of your hands. Pull your abs in toward your spine and raise your legs three inches off the floor (keep them straight — no bending at the knee). Rotate your hips so that your toes turn out, and quickly open and close your legs six to eight inches, keeping them straight. Vigorously beat your heels together for two sets of 30 repetitions.

Method: Plyometrics

BOTTOM BENEFIT: According to a recent study published in the Journal of Athletic Training, plyometric

jumps improve strength and corresponding jumps by 5.8 percent. What does this mean for you? More muscle and more fat loss. "Jumping stretches and then shortens your muscles, making them stronger and more explosive," says Nicole Chimer, an athletic trainer at West Chester University of Pennsylvania.

The Move: Lateral Bounds

→ Targets inner and outer thighs, hips and the outer sides of your glutes, making the whole package look slim. Stand with your feet shoulder-width apart and knees and hips poised to jump. Push off with your left leg, jumping to the right, and land softly on the ball of your right foot (below left). Next, load and spring to the left, pushing off with your right leg. Do two sets of 10 jumps, giving maximum effort each time. (REPRINTED WITH PERMISSION OF WOMEN'S HEALTH MAGAZINE RODALE INC.)



TRUE STORIES

Frightening Fitness

■ It was a dark and stormy night ... and you went to work out. OK, sitting around the campfire, you probably never crept out your friends with tales of terror on the treadmill. But this Halloween, Fit wants your fitness horror stories. Did you drop a dumbbell on your foot while showing off your bulging biceps to the yoga instructor? Does a mysterious figure you call "the Spitter" always seem to appear on the neighboring elliptical machine and you can't get away? Or did your evening jog take a turn for the terrifying when you wound up totally lost? Send your scariest stories (along with your name and phone number, so we can follow up) to vicky.hallett@readexpress.com by Oct. 23, and we'll share the best ones in the Oct. 30 issue of Fit. Don't forget — muscle building can be bone-chilling.

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fit | Nutrition

CHEW ON THIS



Milk Has Muscle

■ Recent headlines touting chocolate milk as the “new” sports drink sound too good to be true. Get your fix and help worn-out, post-workout muscles recover? Sounds like someone’s gone cuckoo for cocoa.

But this good news is actually backed up by science. A study, albeit a small one, from Indiana University found that plain, old-fashioned chocolate milk is just as effective as sports-recovery drinks for athletic performance. Research has shown that adding protein to the traditional recovery “cocktail” of carbohydrates may speed up muscle recovery after intense endurance exercise. The Indiana researchers’ findings suggest that chocolate milk has the optimal ratio of carbohydrate to protein to help refuel tired muscles.

Nutritionists are particularly excited about this study, because it shows that each new and “improved” sports supplement to hit the market is not necessarily the best choice. Instead, the focus is on a natural, whole food — milk, which supplies protein, calcium, potassium and vitamin D in every serving.

Plus, many sports drinks are being scrutinized for their sugar content, including the ingredient high-fructose corn syrup (HFCS). Use of the corn-based sweetener is widespread in the U.S. While the stuff hasn’t been linked directly to obesity, some experts believe it may play a role. So, be wise in what you drink: Water is fine for the average exerciser, but avid athletes may find strength and recovery in chocolate milk.

@ Kristen Ciuba, MS, is the nutritionist at Results the Gym in D.C. She also implements corporate nutrition programs for local companies. E-mail her at nutrition@readexpress.com



Get the Orange Crush

The possibilities for pumpkins are more than just pie and carving

From your local Cheesecake Factory to David Letterman’s mom, no one seems to do anything with pumpkin but mix it with sugar and heavy cream. That’s a thigh-inflating shame, because the giant orbs are a great source of beta-carotene,

the orange-tinted plant pigment that our bodies use to make the eye-protecting, disease-fighting antioxidant vitamin A. “Half a cup of pumpkin provides nearly 200 percent of your daily requirement of A,” says Althea Zaneosky, R.D., a consultant dietitian based in Philadelphia. We dug through the patch to find foods for your pumpkin fix without the fattening extras. Add them to your fall feasts and take a slice out of holiday pudge.

1 ALFONSO GOURMET PASTA PUMPKIN RAVIOLI: Padded with roasted pumpkin, raisins, walnuts and cream cheese, these striped pasta pillows melt in your mouth like warm pumpkin cheesecake. You get 66 percent of your daily vitamin A requirement in a 290-calorie, five-piece serving. (\$14 per pound, Alfonsogourmetpasta.com)

2 SGT. PEPPER’S PUMPKIN CHIPOTLE SAUCE: Subtly sweet (thanks to brown sugar), a little bit sour (from

apple cider vinegar) and pretty damn hot, this uniquely delicious sauce turns an average meal into a trick-or-treat for your tongue. Pour it on just about anything: turkey sandwiches, pork chops, sweet potatoes, chili ... (\$5 for a 5-oz. bottle, Tearsofjoysauces.com)

3 KASHI TLC PUMPKIN SPICE FLAX: Pumpkin seeds pack impressive nutrition into a tiny package — a quarter-cup supplies 30 percent of the RDA for fatigue-fighting iron and 13 percent for bone-fortifying magnesium. If you don’t love the gum-shredding shells, get your roasted seeds in this crunchy granola bar. Two Kashi TLC bars have 180 calories with 4 grams of fiber and 6 grams of protein. (\$5 per box, Amazon.com)

4 NATURE’S PATH ORGANIC FLAX-PLUS — PUMPKIN RAISIN CRUNCH: High-fiber cereal gets a pumpkin-seed infusion in this 100 percent organic mix made with rolled oats, brown-rice flour and flaxseeds. A three-quarter-cup serving fills you up with 9 grams of slimming fiber for 200 calories. And, yes, you can really taste the pumpkin. (\$4 for a 12.35-oz. box, Worldpantry.com)

5 KOZLOWSKI FARMS OLD-FASHIONED PUMPKIN BUTTER: This creamy spread with rich pumpkin flavor is heaven on a whole-wheat bagel or an English muffin. Or turn plain yogurt into a late-night dessert: A tablespoon adds 35 calories, zero fat and 30 percent of the RDA of vitamin A. Your heart — and skin-tight Halloween costume — will thank you for it. (\$5 for a 10-oz. jar, Kozlowskifarms.com) (REPRINTED WITH PERMISSION FROM WOMEN’S HEALTH MAGAZINE © RODALE INC.)



SMART SIPPING

The Skinny on Sports Drinks

Packed with carbohydrates, vitamins, sodium and potassium, liquids known as sports drinks are supposedly quicker at restoring energy and replacing electrolytes than plain water. If you’ve been exercising for more than one hour, they can definitely help, say experts at the American Academy of Sports Medicine.

HERE ARE TWO OF THE BENEFITS OF SPORTS DRINKS. You’re likely to drink more and avoid dehydration if you like the taste. In one study, 50 triathletes and runners drank 25 percent more orange-flavored sports drink than plain water, diluted orange juice or an orange-flavored, homemade sports drink. And they may help improve your athletic performance. In one study, people exercising in high-intensity sports,



similar to what a basketball or soccer player might encounter, maintained their high-intensity effort longer when they guzzled a sports drink than when they drank a similar-tasting placebo. But there is a downside. Sports drinks pack plenty of calories: about 125 calories in 12 ounces. So, if you’re exercising because you’re aiming to lose weight, you’re better off hydrating your body with calorie-free liquids. (REPRINTED WITH PERMISSION OF PREVENTION © RODALE INC.)

Nutrition | fit

EATING IN

Spooky Peanut Butter Boulders

■ When it comes to trick-or-treating, there's no avoiding the gobs of candy your kids will haul in. But if you're throwing a Halloween party or just want healthier treats around the house to balance out the sugar rush, there are plenty of options.

Presentation is key to making it fun. For instance, you can take homemade popcorns balls, wrap them in orange cellophane and tie them up with a piece of thin black licorice to make them festive. And vegetables can be downright ghoulish when assembled the right way. Use cream cheese to "glue" a slivered almond to one end of a baby carrot, then drizzle it with ketchup to make "bloody fingers." To make edible eyeballs, peel boiled new potatoes and make a hole on one side of each large enough to fill



LARRY CROWNE/AP

60 calories, 2 g protein, 10 g carbs, 2 g fat, 0 mg cholesterol, 46 mg sodium, 1 g fiber

with a pimento-stuffed olive.

These peanut butter boulders combine whole-grain oat cereal with dried cherries and sunflower seeds to make a wholesome treat with flavors children will love. They're sweetened with

honey rather than refined sugar, and, best of all, they're no-bake. If you like, wrap them in pieces of wax paper, twisting the ends, and they'll look just like a piece of candy.

INGREDIENTS: 1/2 cup reduced fat peanut butter; 1/2 cup honey; 1/3 instant nonfat powdered milk; 1 teaspoon lemon juice; 1 1/2 cups oat ring breakfast cereal (such as Cheerios); 2/3 cup dried cherries; 2/3 cup raw hulled sunflower seeds.

DIRECTIONS: In a large bowl, combine the peanut butter, honey, powdered milk and lemon juice. Mix well. Add the cereal, dried cherries and sunflower seeds and stir well.

Have a small bowl of water on hand. Moistening your hands as needed, roll the cereal mixture into balls. Set on wax paper until the outside feels dry to the touch, about 30 minutes. Store in an airtight container at room temperature up to four days. (AP)

TIME: 45 MINUTES (30 ACTIVE); MAKES: 30 BALLS

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STETHOSCOPE

FOOTWEAR
If the Shoe Fits

■ The supportive padding that comes in high-end kicks should be enough to cushion the blow of the sky-high price tags, right? According to a report in the *British Journal of Sports Medicine*, sneakers' comfort and quality of shock absorption are unrelated to price. Men in the study tried on pairs from the leading brands in the \$80-\$90, \$120-\$130 and \$140-\$150 ranges. There was no difference in the bargains or the big-ticket items. But some experts caution that they did not study the shoes' longevity.

VIOLENCE
Friday Night Fights

■ The distinction is a tricky one: It's OK to knock someone to the ground in front of the entire school if it's on a field and there are cheerleaders there, but not if it's just lunchtime. Apparently, teenage boys who play football have trouble walking that line — they're more likely than other male students to get into serious physical fights, according to a study published in the *American Sociological Review*. Violence seemed to be related to whether a player's friends were also mostly football players.

PREGNANCY
Sex and the Baby

■ Participants were probably not tough to find for a recent study in Malaysia, in which half of the group was advised to have sex as much as possible. The theory in question was whether engaging in intercourse late in pregnancy can bring on labor. According to the findings reported in *Obstetrics and Gynecology*, there was no connection between getting busy and birthing. But the scientists note that more research is needed. Volunteers?

When You're Beyond Therapy

That couch is comfy, but one day you might have to move on

You've been in psychotherapy for a while, and you're feeling better. Much better. Is it time to quit?

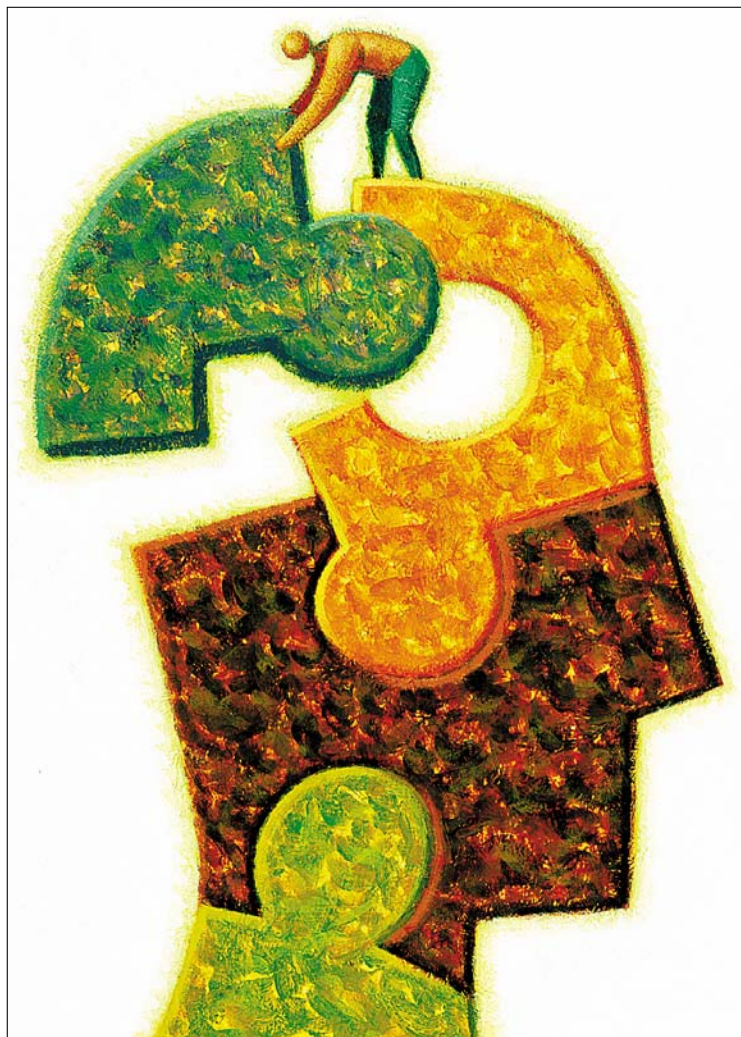
The answer is based, in large part, on the type of treatment. "When to end therapy depends on context and diagnosis," says Dr. Gary Kennedy, director of geriatric psychiatry at Montefiore Medical Center in New York.

Certain types of treatment, such as cognitive behavior therapy, are designed to relieve disorders such as mild depression or anxiety in a short period, and the end is almost predetermined. The therapist lays out a plan with the client, sometimes with goals set by the client, and executes the plan over a few months.

With this type of therapy, the treatment is done when symptoms have been reduced, based on the client's own assessment that he or she is feeling and coping better.

"Cognitive behavior therapy is focused and goal-oriented," says Emanuel Maidenberg, a University of California, Los Angeles, associate clinical professor of psychiatry who uses cognitive behavior therapy to treat anxiety and depression.

"From the very beginning, my client and I have developed specific goals that are measurable by definition," Maidenberg says. "We're done when both of us know that we've achieved most or all of these goals — when you believe that you can cope with whatever life is going



In some therapies, reaching set goals means treatment is pretty much achieved.

to present you with."

The end point is less clear-cut with more explorative types of approaches, such as psychodynamic therapy, in which the goal is to examine subconscious motivations and get to the "why" of the feelings and behavior. This type of therapy tends to be open-ended and the decision to end is

more subjective.

Nevertheless, a natural end point for the patient "is when their issues are resolved, their relationships are better, they have their lives under better control," says Dr. Marcia Kraft Goin, a professor of clinical psychiatry at the University of Southern California's Keck School of Medicine and past president of the American

Psychiatric Association. Sometimes the patient will initiate the conversation about it and sometimes the therapist will, she says.

And there's no shame in reevaluating therapy if it clearly isn't working, writes psychotherapist Barry Reynolds, executive director of USC's Psychology Services Center, in an e-mail.

"Psychologists and other therapists are obligated by their ethics codes to talk with clients about an apparent lack of progress after six months or so," he says. "The therapist should consider a change in the therapy procedures or a referral to an alternative therapist."

Some therapists will wean the patient off therapy slowly. "I might suggest that we not meet the next week," Kennedy says, "and then perhaps suggest that we meet in a month, and maybe in the next two or three months, then maybe call as needed."

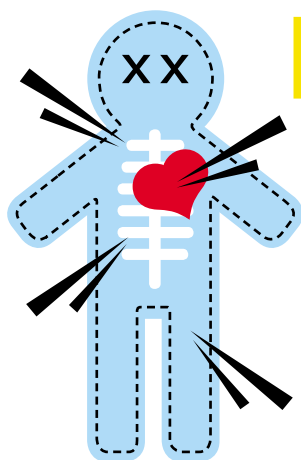
Terminating therapy is particularly problematic for patients with certain types of mental illness (such as repeated bouts of clinical depression). "If you have a chronic relapsing illness," Kennedy says, "the likelihood is that you're going to need some form of ongoing psychotherapy — that could be in the form of counseling or a supportive relationship."

"If you think about it," he says, "we don't think of diabetes or hypertension or congestive heart failure as illnesses where you're going to take medication episodically. We think of these as illnesses where you need treatment for the long run."

Goin believes that handling the termination properly may be key to sustaining gains made in therapy. "It's very important not to suddenly one day come in and say 'goodbye,' but to spend a little time talking about the leaving, the saying goodbye, in order to consolidate the gains," she says.

For some, that requires scaling back dreams of a miracle recovery. "There are hopes and expectations that people have when they come to therapy that in many cases don't happen," Goin says. "So, we talk about limitations and disappointments as well as the positive things that have happened in therapy."

JANET CROMLEY (LOS ANGELES TIMES)



hypochoondriac

WHAT YOU COULD HAVE BUT PROBABLY DON'T

Do you have trouble with math? You could have **DYSCALCULIA**, sometimes described as arithmetic's version of dyslexia. The term can refer to a wide range of issues, from not grasping the fundamental meaning of numbers to always being late (because you can't recall times on a schedule or figure out how long a drive should take). Or it can mean simply not being able to add or multiply, much less figure out a percentage or square root. What it does not refer to: difficulty splitting a restaurant check among 11 people, plus tip. Changing how kids with dyscalculia are taught can help — for instance, giving them graph paper, which can help them organize their thoughts, or providing a distraction-free desk at which to work. SOURCE: NATIONAL CENTER FOR LEARNING DISABILITIES

Looks | fit



The Hands of Time?

Shun the sun and get a manicure to keep mitts from looking ancient

Your hands do the talking when it comes to revealing your age. Sunspots and bulging veins can scream 60 when you're only 40. What makes hands look older than their years? For starters, more use and abuse than your face. From easing dryness to lightening discoloration, these solutions will keep your hands looking timelessly beautiful.

Thin, Wrinkly Skin

"Sunlight breaks down collagen that keeps skin supple and firm," says Mary Lupo, M.D., a dermatologist in New Orleans. As the cushion of fat thins, hands start to look skeletal.

Retinoids, alpha-hydroxy acids and peptides build collagen and thicken skin over time. You don't need a special hand cream, though. "If you're using a product that contains these ingredients on your face, apply it to hands," suggests Kimberly Butterwick, M.D., a dermatologist. Also helpful: a home peel that dissolves dead cells.

Veins

"Veins that wouldn't be visible become prominent with collagen and fat loss," says Lee Schulman, M.D., a New York City-based phlebologist.

Moisturizers that build colla-

gen help plump skin so veins stand out less. To minimize the contrast between skin and vessels, apply a concealer or self-tanner. Other fixes: jewelry and manicures. In a recent study, people thought women were younger when their hands were adorned with polish and rings.

Sunspots

UV exposure damages pigment-producing cells, causing brown spots. Use a lotion that contains 2 percent hydroquinone (HQ), the most effective bleaching agent. "HQ works inside the melanocytes to suppress production of melanin, the pigment that makes up this discoloration," says Lupo. It could take months to notice a difference. To prevent new spots, sunscreen is key. Use a product that contains a sunscreen of at least SPF 15.

Dryness

With age, skin on your hands produces less lubricating oil and loses its ability to hold on to moisture.

Applying lotion throughout the day boosts hydration; rub it on after washing your hands to seal in the moisture your skin has absorbed. Invest in a hand cream; they're formulated with humectants like hyaluronic acid, glycerin or urea, which draw in and hold moisture in the skin. Choose one with an SPF — years of UV exposure disrupt production of a protein that helps form the skin's outer moisture-sealing layer, depleting hydration. To spare hands, apply cream and pull on gloves before exposing them to household cleaners or plunging them into soapy water.

ELIZABETH PASSARELLO (REPRINTED WITH PERMISSION OF PREVENTION RODALE INC.)

BLISS OUT WITHOUT MAXING OUT

→ As important as you probably are to you, your wallet and brain may not agree when it comes to deciding how to pamper yourself. You say, "Body wrap." Your inner tightwad responds, "Chicken Caesar wrap." But compromise might be in the air: It's Fall Spa Week (Spaweeek.org, through Oct. 21).

That means a mere \$50 scores you one of any number of ways to get plucked, prodded and primped at area hot spots. At Hela Spa in Georgetown, it snags a 45-minute Reykjavik Intense Relaxation Combination Massage. Or perhaps you'd rather try a 50-minute Elements of the Sea Pedicure Plus Eyebrow Wax at the Modern Day Spa in Tysons. Feeling starved for attention? Get calories slathered on your bod with a Pear and Green Apple Cocoon Wrap from Arlington's Solarus Salon & Spa or a Coconut Creme Body Polish from D.C.'s Soul Day Spa and Salon.

Whatever sounds like heaven to you from the list of 26 spas and their bargains, figure it out quickly: The most appealing spots tend to fill up fast. After all, you want to pamper your wallet, too. VICKY HALLETT (EXPRESS)

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